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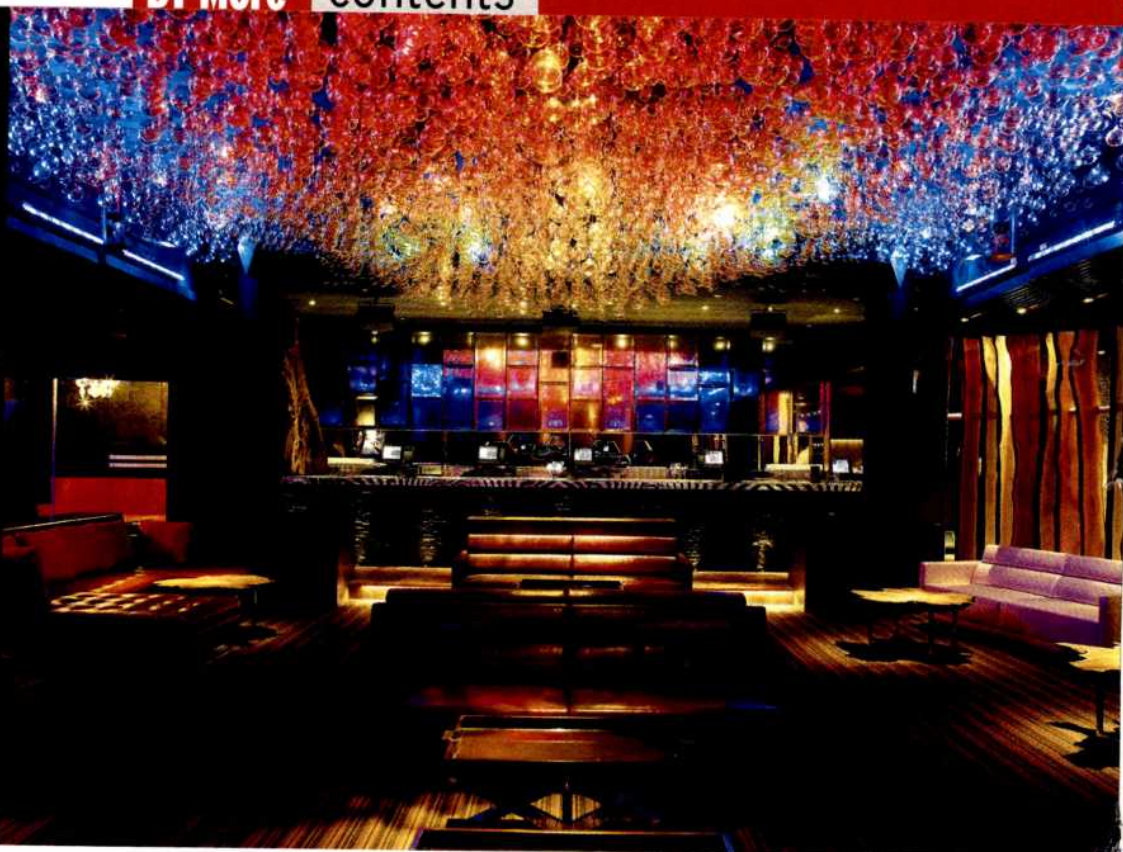


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Party Central

Two of the world's best-known nightclub chains opened in Singapore last year. Here's what the fuss is all about



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Rohit Bal steers you clear of wardrobe faux pas



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An exercise in high living from the 'world's tallest hotel,' the Ritz Carlton in Hong Kong.

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MANUAL

DO-IT-YOURSELF GUIDE

DRESSING TO THE NINES | What not to do with your wardrobe. ROHIT BAL's advice on avoiding faux pas

The corporate world has plenty of protocols. Here are some that concern fashion and style.

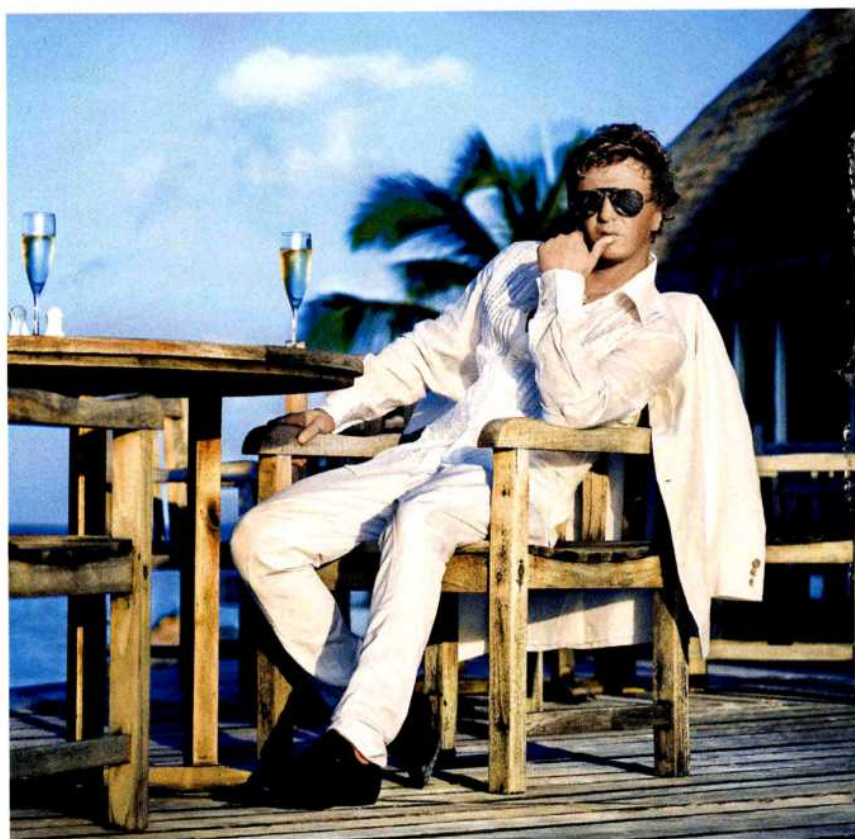
Pairing 'em Right

Mixing checks and stripes is an absolute no-no since the two patterns are inconsistent in form. Their combination is distracting and jarring one. If necessary, do this with similar colour tones.

Don't be Colour Blind Most men aren't blessed with a good colour sense and end up with random pairings. This looks 'off'. Colours should be carefully paired such that they enhance each other. For instance, pairing a jewel tone with a pastel one or a deep colour with a bright one will end up killing both. A bad combination is that of deep red and baby pink. But neutrals like azure and black, and khaki and denims go with just about everything. All said and done, it's safest to dabble with shades within one colour family.

Truth of Fabrication Avoid pairing fabrics that look and feel very different. For instance something as glossy as silk looks horrible with cotton or linen, but a combination of the latter two works well. Shiny fabrics like silk and woollens will never go with sober ones like suede, velvet or corduroy. Always avoid polyester, it looks tacky and isn't cut for Indian climes.

Accessorise: Return to the Classics Minimalism will always be in vogue. A platinum-finished, classic, round watch with a leather strap should do the trick. Avoid chunky gold and dia-

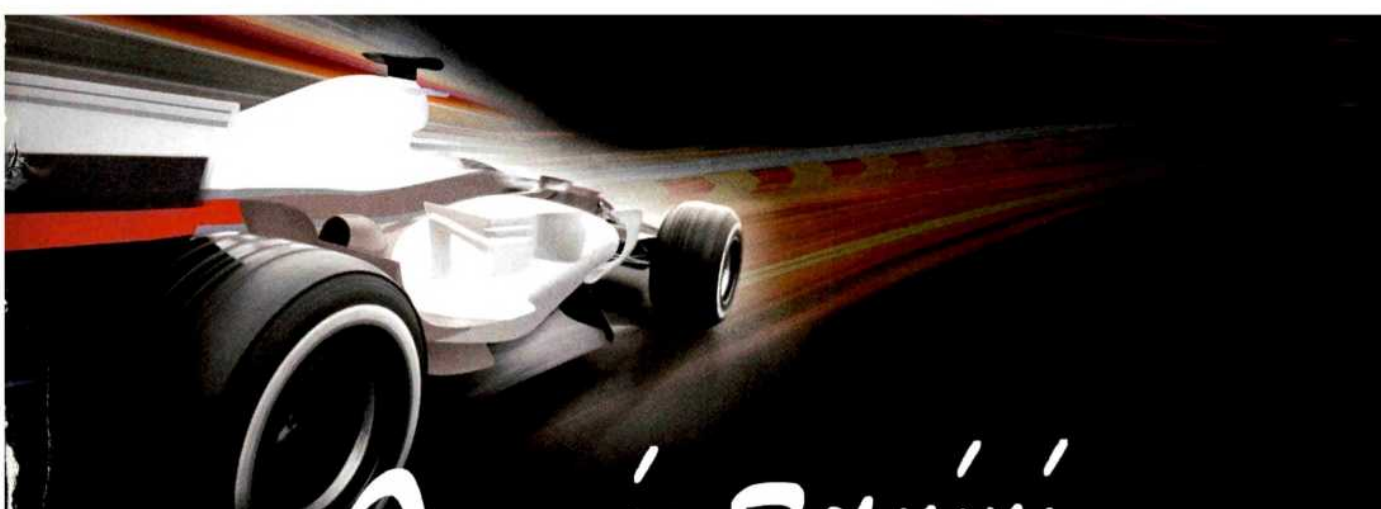


mond studded chains and belts that scream out logos. Instead, flaunt a tie-clip matched to cufflinks or go for a pocket square in a contrasting colour. Save the white socks for tennis practice or the gym and choose tonal and sober browns and blues with thin pin stripes which gently offset the shades in the ensemble.

Shoe Stopper A dirty shoe is a huge put off. Polish your leather and brush your suede every now and then. It goes without saying that shoes should follow the spirit of the clothes. For

business suits, bring out your wing-tipped brogues and Chelsea boots and save the suede loafers and boat shoes for denims and cargos.

Know your Body Bulky men should avoid big prints, checks, and horizontal stripes and contrasting colours by sticking to vertical stripes and darker tones instead. Lean guys should do exactly the opposite by flaunting horizontal stripes and bright colours. They can throw in a scarf or belt to break the look and keep them from appearing flat.



Antonio Bernini

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A CLASS IN MOLECULAR MIXOLOGY

Master Mixologist of Vladivar Vodka, Yangdup Lama decodes the hard science of cocktail making.

What Molecular mixology is the art of mixing ingredients that react at their molecular level, such as liquid nitrogen, calcium lactate gluconate, alginate and soy lecithin. These chemicals are readily available at laboratory suppliers and pharmaceuticals.

Equipment This requires food grade syringes, pipettes, test tubes, measuring spoons, silicone tubes, slotted spoons and an immersion blender. These are available on epicurious.com and wellesquipped.com

Quick Tip Study each ingredient thoroughly and follow temperatures and procedures with minute care. Start with classics and move to complex concoctions only as you get better.

Try Orange and pepper caviar

Ingredients

150 ml Vladi Orange Twist
20ml Sugar Syrup
60 ml filtered water, low in calcium
1.5 g Sodium Alginate
Calcium bath

Procedure

Make the Calcium bath by dissolving 2.5 g of calcium chloride in 500 ml of water. Mix well and store in fridge for 24 hours.

Mix the Sodium alginate with the filtered water in an immersion blender. Reduce bubbles by passing it through a strainer. Now mix with Vladivar Orange twist and sugar syrup thoroughly.

Fill a food syringe with the mix and drop it into the calcium bath drop by drop. Leave for about a minute and then carefully scoop it out using a sieve. Serve it in a china bowl with spiralled orange peels as garnish.

ART ATTACK

Sonia Arora Sood, owner and co-founder of Karabi Artworks, fills us in on the trend of installing artworks in your homes.

Before Buying Study the art market and keep an eye out for upcoming and promising artists, so as to make your collection a worthwhile investment.

Perfect Placement If you're going for oils, examine the size of your walls. If these are too cluttered or small, go for one large painting in the centre. Wider spaces look great with clusters of small paintings. Similarly, smaller installations look great in corners whereas large ones look grand in the centre.

Colour Code Lighting accentuates and balances out the colours in your art. While the cool coloured pieces can be augmented with bright, halogen lighting, warm coloured ones can be complemented by subdued incandescents. It's also advisable to use your art as a colour scheme starter. This means you should match the wall colours to the lightest shade in the painting or installation and repeat the bolder hues somewhere in your décor. This way, they will become the common element that ties up everything to a single theme.

Trend Oils and sculptures studded with semi precious jewellery are in vogue.

Price ₹50,000 and above for a decent creative facelift of your house (depending on the credibility of artist, number of artworks and materials used).





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A Nation Of Wealth

Qatar's winning combination of growth, wealth and a small population have made this tiny Gulf country the world's richest nation.

While the economic struggles plaguing Wall Street and Europe have been making headlines, the Gulf shiekhdom of Qatar has never seen better days. Having replaced Luxembourg as the richest nation in the world, the country's wealth is now almost twice that of the United States. According to data released by the International Monetary Fund in September

2010, Qatar's GDP per capita was at \$88,222 as compared to \$81,466 for Luxembourg and \$46,860 for the United States. It is estimated to reach \$111,963 by 2016. IMF forecasts predict that the Gulf nation will have the world's fastest-growing economy for a second year in a row in 2011 once again. One of the major factors contributing to this phenomenon is Qatar's

strategic and fortuitous location over a massive reservoir of natural gas which makes it the world's largest exporter of liquefied natural gas. Of course, having a population of just about 848,000 people doesn't hurt when it comes to spreading the wealth either. Currently preparing to host the 2022 soccer World Cup, Qatar has established itself firmly on the global map.



Stars for Germany

La Vie restaurant in Osnabrück, Germany has earned a coveted 3 Michelin stars, making it the ninth in its home country to win the honour. What's even better is that the award has given the city the honour of being home to the most 3-Michelin star restaurants after France. The good news doesn't end there. Michelin inspectors have recognised and promoted ten new restaurants in the country, giving it a total of 32 two-starred establishments. The one star establishments have also increased from 205 last year to a total of 208. 23 of these are new entrants. This year's edition is said to be the heaviest with more starred eateries than ever before.

PALACE FOR RENT

St James's Palace, the official residence of the British monarch, will open up its state apartments for rent during the 2012 Olympics in London next year. Although the cost of renting a room is a whopping \$47,500 a day, it doesn't seem like too high a price for the royal quarters. Live in style as the games begin.

The BT More Playlist

NEW RELEASES



Taio Cruz, TY.O The R&B singer is ready with a third album out in January. With 11 tracks in all, it includes a collaboration with David Guetta and Ludacris.



Lamb of God, Resolution A follow-up to their album in 2009, the metal band has stuck with producer Josh Wilbur, and promises a headbanging rhythm.

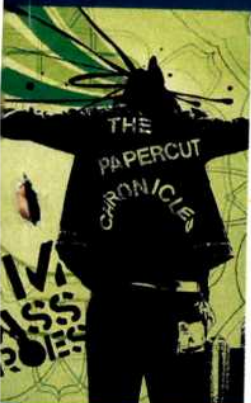
Gym Class Heroes, The Papercut Chronicles II

After their worldwide hit single *Stereo Hearts* topped the charts for weeks, this next album is a sequel to the band's 2005 album of the same name.

Stock Up On Bubbly



If you foresee 2012 as a year of celebration and deem nothing less than French champagne a worthy partner to the cause, you may want to stock up your cellar. Major champagne houses have forecasted up to a six per cent rise in the price of champagne globally as a result of the increase in grape prices from Champagne region's 2011 harvest. Additionally, a cost increase from the production end will spur a potential 7.5 per cent hike in duty, which will make retail prices soar even higher. The repercussions of this price change are inevitably going to trickle down to the consumers. Champagne makers are afraid it will force consumers to turn to more affordable options. So while this could badly hurt those in the champagne business, it indicates a surge in the sale of Italian prosecco which stands to gain at the bubbly's expense. With a case of prosecco equalling the price of about two bottles of France's best bubbly, the obvious winner will be the Italian sparkling wine. Our advice: start hoarding on the French stuff or make the switch to prosecco when prices jump.



Kathleen Edward, *Voyageur* The Canadian country singer/songwriter's whimsical music crosses borders and releases to rave reviews



Enter Shikari, *A Flash Flood Of Colour* The punk-rock band's third album has been produced by guitarist Dan Weller with mixing by Mike Fraser.

Things to do this month

INDIA ART FAIR The fourth edition of the India Art Fair will be held in New Delhi from January 25-29. One of the most attended art fairs in the world, last year's summit drew artists from 17 Indian cities and 67 international ones. Presenting art to discerning enthusiasts, it is India's premier creative event.
Website IndiaArtFair.com

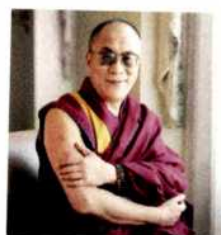


JAIPUR LITERATURE FESTIVAL Asia-Pacific's largest literary festival, this year's event is being held between January 20 and 24. Held every year at the beautiful heritage property, Diggi Palace, the festival is an exciting mix of readings, talks, literary lunches, debates, workshops and interactions punctuated by musical performances and other performing arts.
Website JaipurLiteratureFestival.org

LONDON INTERNATIONAL BOAT SHOW The annual Tullet Prebon boat show features up to a thousand boats and more than 500 exhibitors showcasing the finest in boating products, equipment, clothing and holidays. In addition, visitors can experience the best in boating, watersports and shopping. Held between January 6 and 15, climb aboard.
Website LondonBoatShow.com



CHINESE NEW YEAR This is the most important day in the year for the Chinese. Beginning on the first day of the first month of the lunar calendar (23 January) it ends with the stunning lantern festival on 6 February. Eating dumplings are virtually *de rigeur*.
Website TravelChinaGuide.com



MEET THE DALAI LAMA On January 2, in New Delhi, start the year on an enlightening note by attending a talk by His Holiness, the Dalai Lama, on 'The Power of Compassion'. Organised as part of the Penguin Annual Lecture Series held at the India Habitat Centre, this is one opportunity

you don't want to miss. Log on to the website for details.
Website DalaiLama.com

LONDON INTERNATIONAL MIME SHOW The London International Mime Festival 2012 will bring together professional actors who will perform at various venues in central London. The performances will be combined with various acting workshops, and followed by organised discussions at the end of each day. Held over 19 days between January 11 and 29.
Website Mimefest.co.uk





Out Of Order

Having hosted legends such as Hemingway and Coco Chanel, The Ritz Hotel in Paris has been famed for generations as the most high-profile hotel in Paris. But after failing to win the coveted title of Palace Designation (the official rating by the French tourism authorities), the hotel's management has decided to close for renovation. The hotel will be closing its doors to guests in the summer of 2012, to undergo a refurbishment which will last 27 months. Let's hope it's worth the wait.

Pamper Your Pooch

For pets of affluent owners in the UAE, it couldn't get any better. Resulting from stringent laws in the country; which forbid pets from loitering on public beaches, parks and other open spaces, pets in the country were given a raw deal. But come summer 2011, a spanking new 7-star hotel for pets, Urban Tails in Dubai, has more than compensated for the treatment. Accommodating up to 70 dogs and 40 cats, the hotel features



luxurious suites, each equipped with air-conditioning and plasma TVs playing sounds and visuals which remind the pets of home. Webcams installed all around the resort allow owners to log in and check up on their beloved pets at any time, as speakers in communal areas belt out classical music to calm them. It's a dog's life.

Olympics 2012, London



Tickets for the Olympics 2012 in London, are going to be the priciest in the history of the games. So if you're planning on getting up-front and close, get ready to shell out \$8760. The reason for this leap in prices as compared to the

previous years, is that the ticketing process this time around is different. For starters, tickets will not be available individually, but instead will have to be bought in blocks of ten. Anyone wishing to watch the opening ceremony must simultaneously purchase separate tickets for the closing along with additional tickets for any four A-rated events. Apart from securing you a seat, each ticket will additionally include the cost of food and drinks. This will in fact, be the second priciest ticket in the history of all sporting events, second only to the 2011 Super Bowl in Texas.

»» Sounds Like You Know About GRAPPA

Grappa has redefined itself to symbolise the Italian "joie de vie." What Cognac is to France or Sherry is to Portugal, Grappa is to Italy.

1. Grappa was originally a by-product of wine-making. It is made from the stems, peels, and seeds discarded during the winemaking process, and comprises 40-50 % alcohol.

2. Traditionally, Grappa is served cold and straight, and

good quality Grappa is best had at room temperature.

3. Grappa was originally made in the town of Bassano del Grappa, in the Veneto region of Italy, which is where it gets its name from. Though that is the authentic form of the drink, today it is produced all over the world.

4. Like wine, the flavour of the Grappa depends on the grapes with which it is made.

At times sugar syrup is added during distillation to give it a more global appeal.

5. In Italy, grappa is added to espresso and called *Caffè Corretto*. When the espresso is drunk and followed by shots of grappa it is called *Amazza Caffè*, which literally means 'to kill the coffee'.

6. It can also be mixed with other alcohols; the *Sambuca* shot is a popular variation.





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BOOKS THAT SHAPED MY LIFE

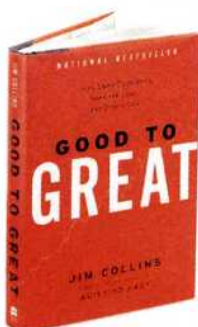
SHOUVICK MUKHERJEE, VP & CEO, YAHOO! INDIA R&D
talks about the books that have made him what he is today



Panic: The Story of Modern Financial Insanity

by Michael Lewis

This book is a collection of essays and articles about the biggest financial crises of the past two decades. It gives an insight into the scenario that resulted out of turbulent times, much like we have seen the financial market going through recently.



Good to Great: Why Some Companies Make the Leap... and Others Don't

by Jim Collins

This 2001-published management book aims to describe, as the name suggests, the transition of companies from average to great and why some organisations fail to make it big. It is one of the most influential business books that I have come across and has been an inspiration for me.

Surrounded by Geniuses: Unlocking the Brilliance in Yourself, Your Colleagues and Your Organisation

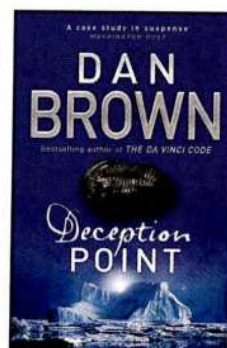
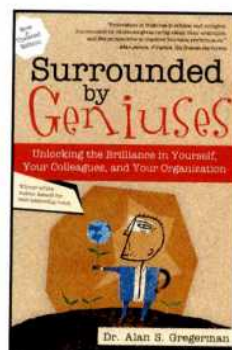
by Dr Alan S Gregerman

This book recognises that each one of us has strengths that make us special. It talks about the powerful stream of brilliant minds by encouraging leaders to look beyond their own expertise and practices. It had a huge impact on me.

Deception Point

by Dan Brown

A racy read, this tech-thriller, with its thick plot and unpredictable twists is totally unputdownable. Books of this nature stimulate the mind.



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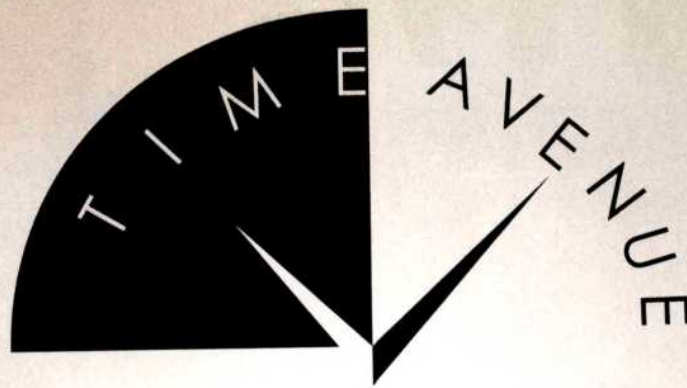
TRAVEL LUXE

With travel apes galore, there's still a certain charm that comes with printed travel guides, especially when they're customised to your specifications. Luxe, an exclusive publisher of city guides, recently released a brand new bespoke set of travel guides. Choose from 33 city editions to fill the striking, hand-crafted box with a crimson red interior and regal gold embossing on the top. Available in sets of eight and twelve, you can either assemble your own selection of city guides or alternatively opt for one of the prep-selected sets—the LUXE World Grand Tour, Asian Grand Tour, and European Grand Tour. A chic travel companion.

FLYING PRIVILEGES

Passengers flying with JetBlue Airlines now have the option of purchasing a special package which grants them quick access through security checks. Passengers are escorted through special, dedicated lines and don't need to wait to be frisked. This is the first airline that is selling the service rather than third-party players who introduced the scheme. The best part is, even travellers in economy can purchase the package to get a bit of that first-class feeling.

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WHAT'S HOT

» From fast cars, to fashion and breathtaking holidays, a lowdown on how to live it up and make 2012 a cracker of a year.

Let's face it. You expect the new year to wipe all slates clean and be the best ever. It's a time for shiny, bright, newness and endless possibilities. For this special issue, BT More's writers went all out to bring you products, experiences and advice that we believe will make your 2012 superlative.

Want to dress well? We've got expert fashion tips from one of India's top fashion editors. Looking for a great new place to eat? Turn to our good food guide. Want to own the very best of the best? We've curated a list of products that set new records in auctions around the world in 2011. There's even a list of holidays you've never tried before; from swimming with sharks, to climbing mountains with gorillas and even floating around in outer space. It's time to celebrate all things good.



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ON THE ROAD

» There are road trips and then there are road trips. While some only get you from A to B, on others the journey is as magical as the destination. Here are a few that may inspire you to hit the road in 2012.



ANINDA SARDAR
Auto Bild India

Leh to Spangmik 165 kilometres

Ladakh offers some of India's most majestic and mystical landscapes. This is no more evident than on the route from Leh to Spangmik, a small settlement on the shores of the vast Pangong Tso lake. The bare, brown mountains tower over you as you negotiate the twists and turns of the narrow road. The view is at its best near the top of Chang La, the world's second highest motorable road after Khardung La. On the other side, you may see either green pastures with herds of yak or white sheets of snow. Of course the best part is at the end where you're met by the gentle lapping of the lake's piercing blue waters and very welcome silence.

Shimla to Kalpa 235 kilometres

The stretch from Shimla to Kalpa offers stunning views of the Himalayas. En route are the famous apple belts of

Kotgarh and Kumarsain descending to the Sutlej Valley. In the Kinnaur valley many roads are cut so they jut out over a sheer precipice; beautiful and dangerous. This route also has several waterfalls near bridges. The beauty of the road from Reckong Peo, the district headquarters, to Kalpa, ostensibly the final leg of the journey, is unsurpassed in its beauty. No words can do justice to the sights of the Kinnaur-Kailash range. Finally, in Kalpa, do visit the ancient Kalpa monastery set against the backdrop of the majestic Mt Kailash.

Naples to Florence 550 kilometres

This drive along Italy's west coast can be completed in a day, thanks to excellent traffic and road conditions. The route passes through lush greenery on either side and occasionally through some hills as well. One interesting stopover comes up about a third of the way. What seems like a regular service station-cum-food-court also houses a museum for a Necropolis, which was found by con-

struction workers digging at the site. That isn't all. Italy's stunning landscapes line the entire journey and are occasionally punctuated by medieval castles or ancient settlements that hang on the sides of undulating hills.

Prague to Ceske Budojevice 160 kilometres

Prague's popularity as a holiday destination for Indians has gained momentum fairly recently. The city itself though, is ancient and boasts, among many other monuments, Hradcany Castle, the world's largest. Driving out of Prague one is immediately captivated by the beauty of the Czech Republic's bohemian countryside. Rolling green meadows and endless rows of bright yellow sunflowers as the road dips and then rises gently make you feel as if you're lost in a painting. Even the sun seems to shine at a more mellow intensity here as you drive on to the 13th century settlement of Ceske Budojevice, renowned for its breweries since medieval times.

With Ridhima Ahluwalia



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READY TO GO

» Luxury and supercar manufacturers have a number of vehicles lined up to wow the Indian market in 2012. Here's a quick list of the most hotly-anticipated cars revving up to get here.

BY RAHUL GHOSH & RACHIT HIRANI



Ferrari 458 Spider

Ferrari rocked the supercar world with the the 458 and now comes the Spider. This car features a light-weight aluminium top that folds down into the engine bay in just 14 seconds. Amazingly, this movement does not affect drivability or aerodynamics. Also, where most convertibles don't encourage much conversation while driving, the Spider's passengers can hear each other quite clearly even at 200 kmph, thanks to improved aerodynamics. Powering the 458 is a 4.5-litre V8 engine with 562bhp that pushes the car to 320 kmph. As far as performance goes, the 458 Spider's 4.5 litre engine generates a massive 56 bhp. That's enough to take this beauty to 320 kmph which puts it at par with Formula 1 speeds.

Audi S6

When you read the words "electronically-governed speed" you know you have a powerful machine in your hands. The S6 is basically the old Audi A6 on steroids. This performance car has a brand new 4.0 litre engine that kicks out 420 bhp. This sends the S6 from 0-100 kmph in just 4.8 seconds. Its top speed — electronically governed, as we mentioned — is 250 kmph. Of course Audi remembers that it's in the business of making executive cars, not road demons. And it doesn't disappoint, with the driver aids and comfort getting top priority. Recaro bucket seats and night vision assist are optional but four-zone climate control and one-touch driver settings are standard.



BMW 1-Series

Speaking of affordable luxury, BMW has decided to bring to India its smallest-and-cheapest car yet. This is direct competition to the Audi A3. The 1-Series hatchback is just over 4 metres long. To keep costs down, it will likely feature the same 2.0 litre diesel and petrol engines currently found on other BMW models. This block creates more than enough power for a lengthy drive down a highway. Inside, the 1-Series comes with all the bells and whistles you'd imagine such as bluetooth and audio controls on the steering and dedicated AC controls for the rear.



MINI Countryman

The Countryman is the SUV version of the Mini. Since it shares several parts with the BMW X1, chances are it may be assembled in India. Unlike most SUV/hatches, the Countryman seats just four since a central tunnel divides the rear seats. Then again, no one buys a MINI to cart a football team around. Handily the tunnel doubles up as storage. While BMW will launch the complete MINI range, the one we're interested in is the S version. This packs a 1.6-litre petrol with 184 bhp. The SD version will come with a 143 bhp diesel. An all-wheel drive version is also expected.



Mercedes B-class

This 'compact sports tourer' shares the same engine and suspension with the Mercedes A-class, but is a little bigger. The vehicle itself is at least six years old. However, in 2012 the German carmaker will send its latest variant to Indian shores. The new B-class has a number of high-tech safety features. These include crash-responsive emergency lights, rain-sensing wipers, front and rear disc brakes, blind spot assistance and lane assistance. Amazingly, the designers have been able to create about 17 per cent more space on the inside than the older model.



DRESS TO KILL

» In 2012 men's fashion gets fresher, younger, and more playful. Colours range from white to brights; Prints and plaid make a comeback, the jacket goes double-breasted, and altered lengths add an element of surprise.



SUJATA ASSOMULL SIPPY
Editor, Harper's Bazaar, India

White or Bright

Fashion loves contrasts. And while white has never been hotter, bright colours makes a bold comeback. Go white from head to toe, even when going formal, and yes white shoes are allowed. Jackets and shirts in band collar styles spell smart casual and are great for weekend wear. Just remember to keep the proportion of white balanced; Canali, D&G and Ermenegildo Zegna are the designers to look to for the right statement. Another great option for the weekend are the brights, and Ashish Soni's collection epitomises the look with a punch of citrus hues. But remember to mix and match your brights with some sober neutrals. Opt for classics like an Hermès orange silk tie or Paul Smith's stripped coloured socks. These add that zing and zaniness to your look. Fresh and fun.

Double Trouble

Smoking jackets are *en vogue*, while next season you see another classic

making a comeback—the double-breasted jacket. Having made a mark at fashion weeks after a long hiatus, Gucci, Prada, and Roberto Cavalli all went strong on this trend. And every man must have one of these in their wardrobe for daytime dressing. As a rule, double breasted jackets look better on broader men. So if you are slim and still want to imbibe the retro feel that fashion has in 2012, try a three button jacket; it's very Cary Grant. If you want to go for something with an Indian feel, Tarun Tahiliani suggests a sleeveless *bundi*.

Get Shorty

Since fashion seems to be in a flirtatious mood, we foresee lots of plays on lengths in both men's and women's wear at the fashion weeks in 2012. For men, this means shorter jackets and cropped trousers will take centre stage. But this is a tricky trend. "Not all men can wear cropped trousers, but with longer kurtas and sherwanis, they look terrific and often elongate

the leg," suggests Tahiliani. Probably the most fashion forward trend of the year, it has a very cool, young feel, and is an interesting option for weekend dressing for men looking to be on the cutting edge of fashion. So feel free to break the norm and experiment.

Check Play

Of course it is not all about solids, and in summer, it's always fun to wear something printed. For working men, plaids are a great option. These are specialised checks, and consist of crossed horizontal and vertical bands in two or more colours in woven cloth. This season, there are large plaids and small plaids—seen at Gucci, Bottega Veneta, Louis Vuitton, and Jean Paul Gaultier. As a Scottish fabric, it has a feel of British eccentricity, yet is an acceptable pattern to wear in the workplace. Plaid shirts always look professional, and plaid suits in muted tones enhance that old-school look. Go with the classics, and you will never go wrong.



Fashion Essentials

» Get your spring style in place with the latest designer collections. We round up the top five essentials to reinvent your look this year. Prep your wardrobe and wear it right.

For the fashion-conscious, 2012 offers a million new ways to dress right. From slick hair down to derby shoes, style your look from head to toe this season. We bring you the latest trends and fashion accessories right off the runways from New York to Milan. Make a statement and let your look do all the talking.

LOAF AROUND

A perfect blend of comfort, fit and fashion, loafers continue to hold their ground even in the Spring/ Summer collections of 2012. This spring, they get a slight makeover. The deep, bold hues of winter are replaced by jaunty prints and visible seams, adding an element of warmth to the chill.



SLICK STYLE

Rhett Butler's iconic slicked-back hair was symbolic of a man confident enough to accept how he looked. Take a page out of his book and go for that clean, pulled-back hairdo.



HATS OFF

Nothing says 'stylish' like a hat. In 2012, phase out the broader-rimmed Fedora for the sharper, narrower Trilby hat. Where slim-fits head for the door elsewhere, the hat is one accessory that's still downsizing.

CARRY ON

You could be fashionable or functional; either way, the man bag is a good idea. Covering the spectrum of fabrics from suede and canvas to crocodile leather, these man bags bridge the gap between style and convenience.



SUSPENDER BENDER

The best way to complement modernity is by juxtaposing it with vintage. Ranging from elastic to silk, suspenders make a big comeback in 2012. This blast-from-the-past accessory is a definite must-have.



NEW HORIZONS

» The discerning traveller has evolved beyond standardised itineraries and prefers bespoke travel. Here are the go-to hotspots for experience-based vacations in 2012. Here's to the endless virtues of globetrotting.



VIKRAM MADHOK

Managing Director, Abercrombie & Kent

The Galapagos Islands, Ecuador

The Galapagos are located about 1,000 kilometres off South America where three major oceanic currents meet. This archipelago comprises 13 major islands, 6 minor islands and 40 islets, and is a true natural wonder. It boasts unique wildlife such as land and marine iguanas, giant tortoises and hundreds of bird species. Charles Darwin's *Origin of Species* was inspired by what he found here.

Cuba

Classic cars, cigars, music, dance and colonial attractions are just a few of the reasons to visit Cuba. In Havana you will find 1950s flair mixed with soulful, latin jazz. Also take in the Sierra Escambrá mountains and the pristine white beaches, and your holiday just went from wonderful to wow.

Myanmar

Beautiful, recently peaceful and unspoilt, this country appeals to any south-east Asia aficionado. It boasts an ancient culture, wonderful monuments, friendly people, a strong tex-

tile and handcraft tradition, and Buddhist festivals. Natural wonders abound such as the majestic Ayeyarwady River at the country's heart, Inle Lake, Mrauk U on the west coast and beaches to the far south.

Russia

One of Europe's most intriguing and fascinating countries is the toast of 2012. Russia is a profusion of historic monuments and cultural attractions. In Moscow, the famous onion domes of St Basil's and Red Square compete with Soviet-era buildings and modern skyscrapers. For galleries and museums, St Petersburg is unbeatable. If you're there between May and July the famous White Night's Arts Festival is in full swing.

Tasmania

Quaint villages, seaside towns, national parks, fine food and wine and exquisite boutique hotels make this part of Australia a unique and fascinating getaway. It is also home to the thought provoking Museum of Old & New Art (MONA) and Australia's

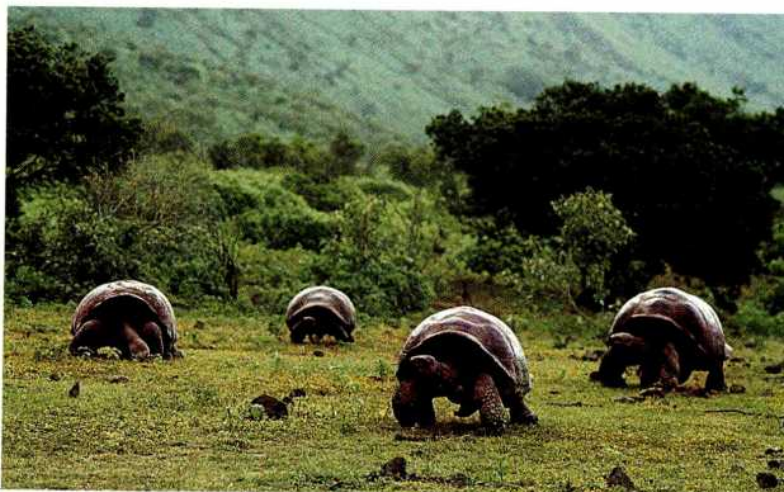
newest super lodge, Saffire at Freycinet National Park.

Croatia

Croatia lays claim to one of Europe's most dramatic coastlines, with almost 6,000 kilometres of shorefront and over 1,000 islands and reefs. There are still plenty of sparsely populated islands, quiet coves and fishing villages to make you feel like you're in one of the world's most unspoilt areas. This is the Mediterranean of years gone by — from the Istrian peninsula in the north along the glorious Dalmatian Coast, right down to Dubrovnik in the south.

Morocco

Medinas, mountains and monuments. Morocco is a country where African, Arab and European cultures are entwined. It is a land of tolerance, a blend of cultures and religions, a country known for its amazing hospitality. Its fascinating mixture of history, art, food, music and architecture makes Morocco a definite must-visit on the destination list in 2012.



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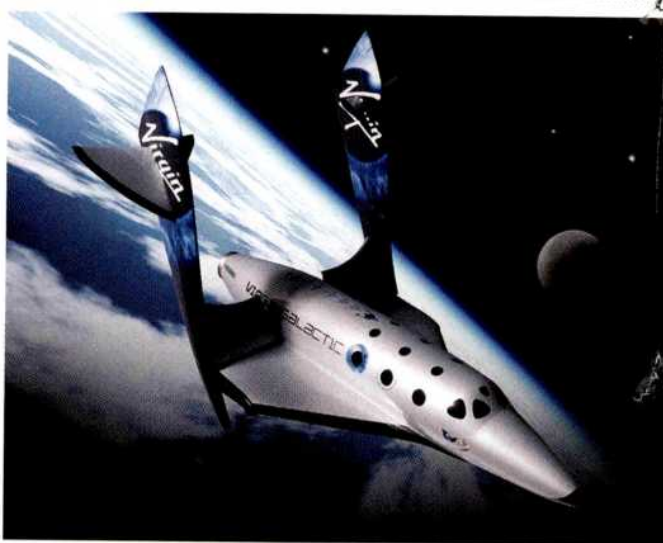
Dream Destinations

» Tired of the same, tourist traps? For travel experiences with a difference? Here's our pick of the top four luxury adventure holidays that will redefine vacations in 2012

Race to Space

The final frontier has long been a destination for only the most highly-trained and physically fit among us. Not anymore thanks to Richard Branson. His Virgin Galactic service is the first in the world to offer ordinary earthlings a regular commercial seat aboard a spacecraft. Beginning 2012, for \$200,000 you can book your place aboard a 60-foot spacecraft that will take you 110 kilometres above the Earth's surface. More than 430 people have already signed up for the experience which lasts three-and-half hours from take-off to touchdown. In between, the astronauts will experience six full minutes of weightlessness. The first commercial spaceport has been built in Arizona with others planned in places such as Dubai as the service expands.

To book your seat log on to <http://www.virgingalactic.com/booking/>



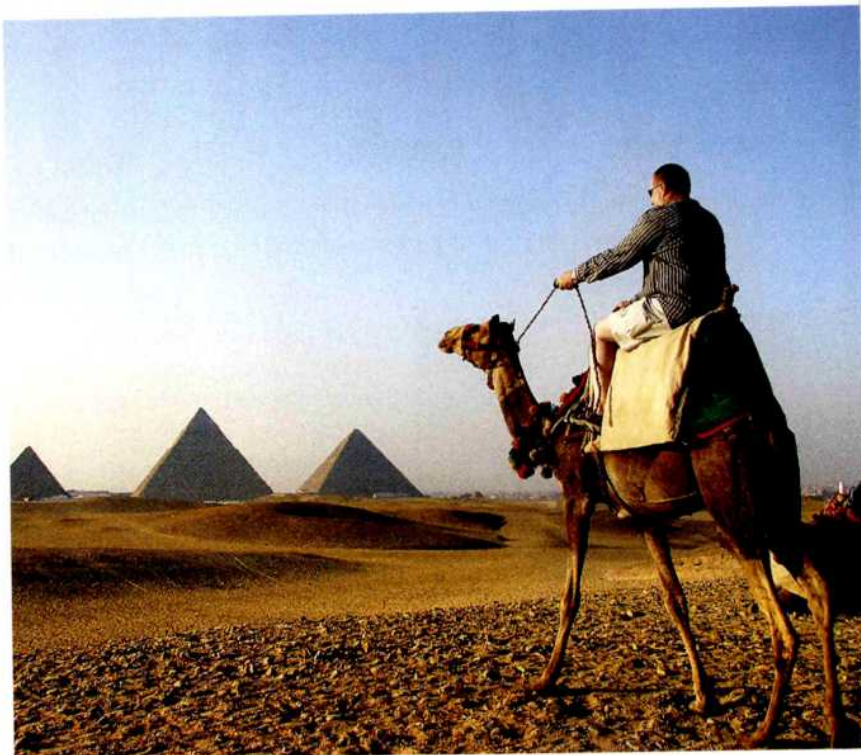
Swimming with Sharks

Jumping into ice-cold water with a great white shark is something completely against man's primal instincts. But a company in Gansbaai, South Africa, wants you to do just that, albeit from the safety of a steel cage. For about \$200 (including transport), you can book yourself aboard a catamaran that takes you straight to shark alley, five miles off the mainland. Once the sharks have surrounded the boat in a feeding frenzy, you get into the cage and begin your experience. After a thrilling day at sea, unwind by sinking deep into the lap of luxury at the Birkenhead House in Hermanus. With excellent food and other services on offer, enjoy the beautiful view from your room (\$1,000 per night) as you recap stories of shark encounters. *Great White Shark Tours*, Phone: +27-83-300-2138; Fax: +27-28-312-2766, Website: www.sharkcagediving.net; Birkenhead House, Phone: +27-28-314-8000; Fax: +27-28-314-1208; birkenheadhouse.com

Lawrence Of Arabia Redux

It's sunset on the Giza plateau. You've completed a climb to the Great Pyramid, and you're racing back to the Churchill Suite at Mena House. What awaits is a party to kick off your two-week-long Arabian adventure. Forget the standard cruise down the Nile. This tour will show you Egypt in a brand new light. Set sail aboard the presidential suite of Abercrombie and Kent's *Sun Boat IV*, guided by the country's most informed Egyptologist (and A&K's best guide), Azza Ammar. Along the way, you will dine privately within the walls of the Luxor temple and enjoy spectacular views from a hot air balloon over the Valley of the Kings. What more can you ask for?

Contact: Abercrombie and Kent's Egypt/Jordan Destination Expert Cindy Fernandez, Phone: +630-954-2944, ext. 362; Fax: +630-954-3324; Email: cfernandez@abercrombiekent.com; abercrombiekent.com

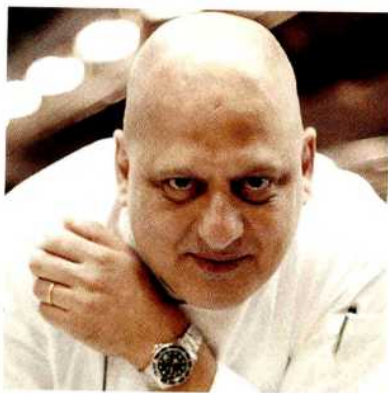


Gorilla Gazing

Seventeen years after one of the world's worst genocides, Rwanda is now one of Africa's fastest-growing economies. It's also home to one of the planet's rarest species, the mountain gorilla. The journey to the gorillas' lair isn't easy. It cuts through thick forests, set on steep, muddy hills. But the effort of the hard trek melts away once you come face to face with a giant silverback and watch him pound his chest. Better yet, the Rwandan government guarantees exclusivity. Only 40 people are taken to the mountain each day. That quota is further divided into 8-people expeditions that are assigned to one of five gorilla groups. After an exhilarating day with these magnificent animals, travellers can take a night halt at the Nyungwe Forest Lodge. This luxury hotel is located on a picturesque tea plantation right on the edge of the Nyungwe rainforest. The forest is home to more than 13 species of primates including our closest cousin, the chimpanzees. *Cox and Kings Safaris*, Contact: Africa Product Manager Jeanie Fundora, Phone: 813-258-3323; Nyungwe Forest Lodge, Phone: 27 -41 407 1000; nyungweforestlodge.com

LIVE TO EAT

» Indian diners are now an experimental breed, willing to shell out hard cash for quality food. Restaurateurs must respond with fresh, local, responsibly-sourced ingredients, served creatively. Here's to new-age gastronomy.



RAHUL AKERKAR
MD & Director de Cuisine,
deGustibus Hospitality

Fine dining isn't just about the food. It's also about ambience, quality of the wait staff and visual appeal. Decor and presentation should elevate diners' sensibilities. Indian restaurants have yet to reach this standard. In 2011, we saw several openings with concepts like 'small plating' and 'degustation menus'. I would place both of these in the paradigm of 'high-end dining'.

That said, India's culinary industry is coming of age. Restaurants are building solid back-end teams focusing on high-quality, fresh, organic ingredients and new techniques. And while diners are price conscious, they are willing to spend on quality. So, the only winning formula is to have a food-centric restaurant.

There was exponential growth in the industry last year. Cuisines with strong and distinct flavours — not necessarily spicy — worked well. I've

never been comfortable with being typecast when it comes to cuisine. Labels like 'authentic' deter me. They narrow scope for creativity and discredit food, right at its face value. I believe the opposite. Modern European styles infused with South-East Asian flavours can be successful in India. Le Cirque at Delhi's Leela Palace, for example, adapted to Indian palates by downplaying unfamiliar French flavours and instead used Italian ingredients.

Techniques such as *sous vide* and molecular gastronomy have begun to trend in kitchens of popular high-end restaurants. Sure, molecular gastronomy pushes the envelope and adds a 'wow factor', but at the end of the day manipulating ingredients is just not real cooking.

Over the past few years Indians have become far more knowledgeable about food. What hasn't changed, in all fairness to restaurateurs, is that while Indians are great critics, they lack the gumption to appreciate local, home-grown produce. The dearth of

restaurants serving creative fare has left a void. To fill it, a paradigm shift is needed on the part of restaurateurs. They must stick to quality ingredients and serve them creatively. They should take on the responsibility to not only expand diners' horizons but also educate them about their menus.

With heightened global interest in India, foreign chefs are now visiting to experiment. Many international chains are also keen to set up here. I hope there is a change in Indian legalities, operations and logistics, and lack of systems. These are major deterrents for foreign culinary units.

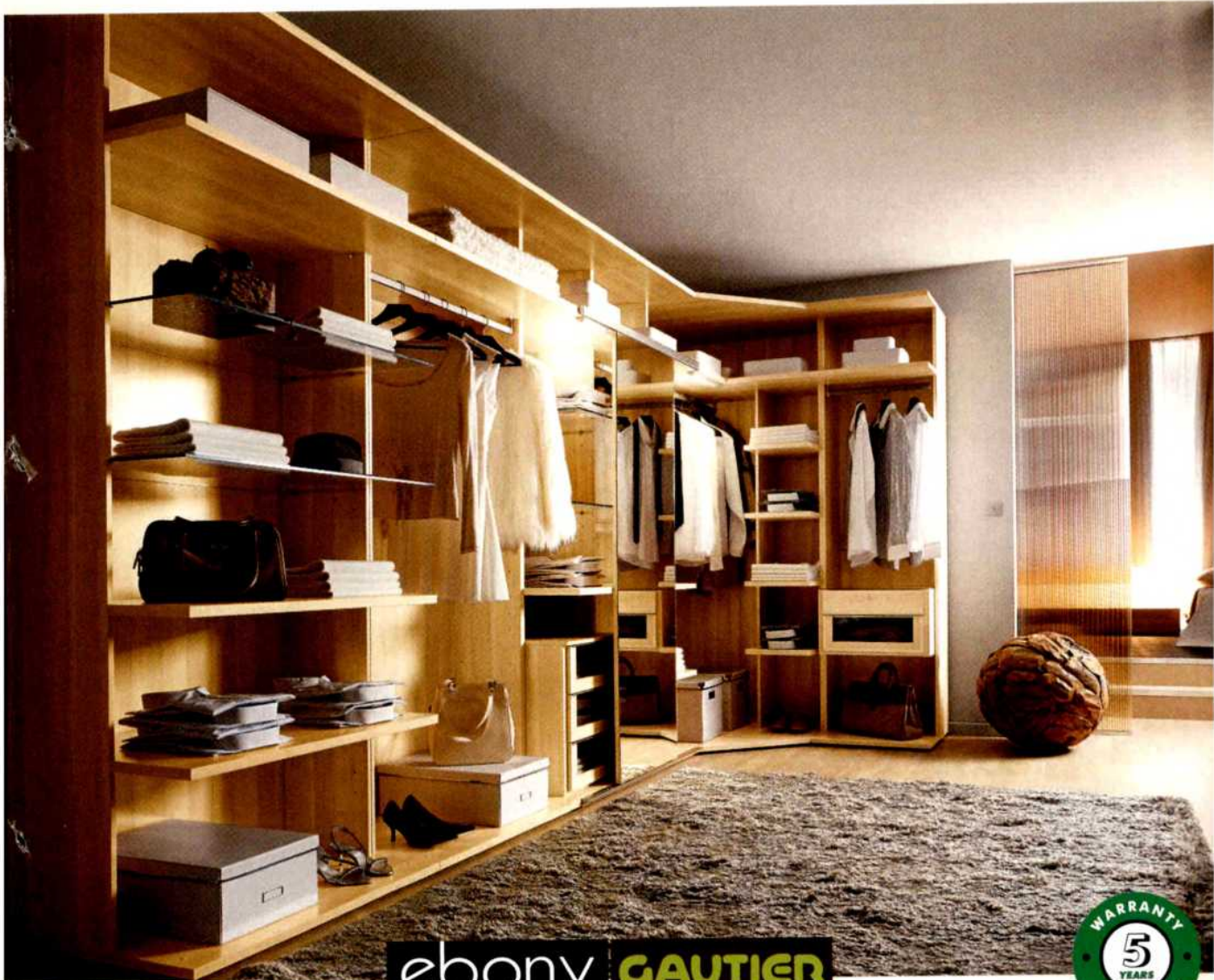
The good news is that India is one of the few frontiers left open to experimentation. The market is still nascent. Now is a great time for restaurateurs to experiment and educate. Restaurateurs should regain confidence in the abilities of our chefs and our local produce rather than aping western trends and ingredients. It takes experiential cuisine, originality and intent to create culinary success. Let's hope 2012 is all that and more.



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Worthy **»** In 2011, a handful of restaurants redefined 'fine dining'. Anamika Butalia explains why they have raised the bar.

Flagbearers

LE CIRQUE, NEW DELHI

The fourth outpost of New York's famed Le Cirque made its way to Delhi's Leela Palace. To suit Indian palates, the restaurant uses its famed French techniques on more-familiar Italian ingredients. A big plus is the view from the tenth floor of the hotel. Besides the main dining area, the restaurant also has three private dining rooms, an exclusive board room suitable for lunch-meetings and a Chef's table. Another plus is its impressive wine list with nearly 200 varieties from Italy and France. Its signature dishes include arancini risotto, Mama Egi's ravioli, tuna in pistachio crust, paupiette of black cod and that all-time-classic crème brûlée.



HAKKASAN, MUMBAI

This restaurant opened in June 2011 in Mumbai. Since then it has been nearly impossible to get a reservation. Hakkasan was born in London in 2003 and boasts of a Michelin star right from the start. That is no mean feat. Its first outpost in India brings with it that traditional Cantonese essence. As you enter, you find the Ling Ling Lounge to the left. The Ling Ling also houses Hakkasan's discrete bar, which runs along its length. The mezzanine floor houses the city's most expensive private dining area. Upping the exclusivity of Hakkasan, this zone requires a minimum order of ₹1.5 lakh. Some favourites include the beautifully-plated roasted mango duck served with chilli dip and chilli sauce, the braised chicken paired with wild mushrooms and the Edamame truffle dumpling.

YAUATCHA, MUMBAI

This contemporary dim sum tea house opened in 2004 in London. It became a rage one year later when it won its first Michelin star. Like Hakkasan, Yauatcha has yet to lose that privilege. The owners opened only their second restaurant in eight years in Mumbai in December 2011. It promises a lavish retreat for high-quality cuisine with cutting-edge design at the Bandra-Kurla Complex. Yauatcha's biggest plus is its all-day dining and capacity for up to 200 guests. Yauatcha serves up simple, yet delicious traditional Dim Sum, a variety of wok items and an exceptional offering of Chinese and Indian loose-leaf teas. Enjoy your afternoon tea with an assortment of European pastries, petit gateaux, brightly coloured macaroons or hand-crafted chocolate. The space is a modern interpretation of the traditional Chinese tea house. It has on display 153 different teas on its walls. This distinctive ambience carefully balances the spacious architecture. All this is complemented by innovative design, lighting, well-selected music and all the smells you'd expect from South China.



SUR MESURE, PARIS

When the Mandarin Oriental in Paris signed up Chef Thierry Marx, everyone expected a stunner. And that's what this Michelin-star chef has delivered. Sur Mesure Par Thierry Marx is an intimate restaurant with just 40 covers. That exclusivity extends to the tableware; with each piece, a haute couture jewel. Chef Marx has drawn inspiration from his French roots and his extensive travels across the Asia-Pacific. The degustation menu features nine courses and is priced at €180. It includes pressed foie gras and smoked eel; shellfish mousse, caviar crostini; soy risotto, black truffles; seabass, prune with an option of balsamic vinegar; wild duck, quince with an option of confit beetroot; and desserts such as poached fig, banyuls and ginger sorbet.



1960 PATEK PHILIPPE WRISTWATCH

An anonymous US bidder bought this rare 18-carat, yellow gold chronograph. It features a perpetual calendar, moon phases and a tachometer scale. Location: Geneva; Winning bid: \$815,637



PAIR OF ITALIAN CARVED SETTEES 1740-1744

These giltwood settees feature ornate carvings of mermaids and dolphins and set a new record for Italian seating furniture. Location: London; Winnig bid: \$2.71 million

Going, Going, Gone...

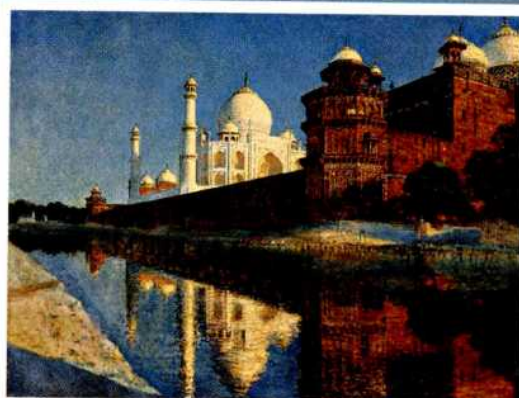


» What went under the hammer in 2011? A look at priceless auctions from around the world.



ROMANÉE CONTI 1990, GRAND CRU

An anonymous Asian bidder bought an entire lot of this highly-coveted vintage from France's celebrated Romanée-Conti region. Location: Hong Kong; Winning bid: \$232,692 (for 12 bottles)



THE TAJ MAHAL, EVENING

This Vereschagin from the late-1800s set an auction record for the artist. It was expected to fetch between \$394,000 to \$709,000. Location: London; Winning bid: \$3.59 million



JADE CENSER & COVER

This white jade artefact dates back to China's Qianlong period in the 1700s. It was last owned by a Japanese collector. Location: Hong Kong; Winning bid: \$1.82 million

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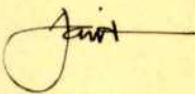
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 - b) Face Changing
 - c) Chinese Quartet;
 - d) Magic Show;
 - e) Fluorescent Dragon Dance
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1. Valid only for groups staying at least two consecutive nights in Hong Kong.
2. Overseas groups coming to Hong Kong for the same corporate event are only entitled to redeem the privileges offered according to the TOTAL number of participants regardless of the number of segments into which the group is divided. 3. All offers are subject to availability and venue conditions. 4. Please allow 15 working days in advance for action. All offers are valid until 31 March 2012 and subject to change without prior notice.



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A Stitch in Time

» Bespoke tailoring has come of age. Fashion-forward gentlemen now have plenty of high-quality options to choose from to find a suit that matches their style. We help you navigate through the myriad choices.

BY HITANI KAUR

On London's storied Savile Row, once a fabric was 'spoken for', the suit stitched from it was deemed 'bespoke.'

Tailored by a highly skilled master tailor to the precise size of its wearer, the suit could not claim the 'bespoke' label until at least 50 hours of labour had gone into its making.

The rigorous process involved careful measuring sessions, individual patterning on paper, cutting the fabric on bias or with the weave, rough stitching, trial fittings, final tailoring and alterations as necessary.

Over the years, the term 'bespoke' has evolved and is now used to denote anything customised to personal specifications—any teenybopper can brag about their bespoke poster or bag. But in this sartorial universe it still implies clothing made to impeccable standards for the discerning customer.

The word may not have originated in India, but here custom-made certainly precedes any comparable tradi-

tion elsewhere in the world. The emphasis on fabric, intricate embellishment and detailed tailoring for Indian royals and gentry has a rich history.

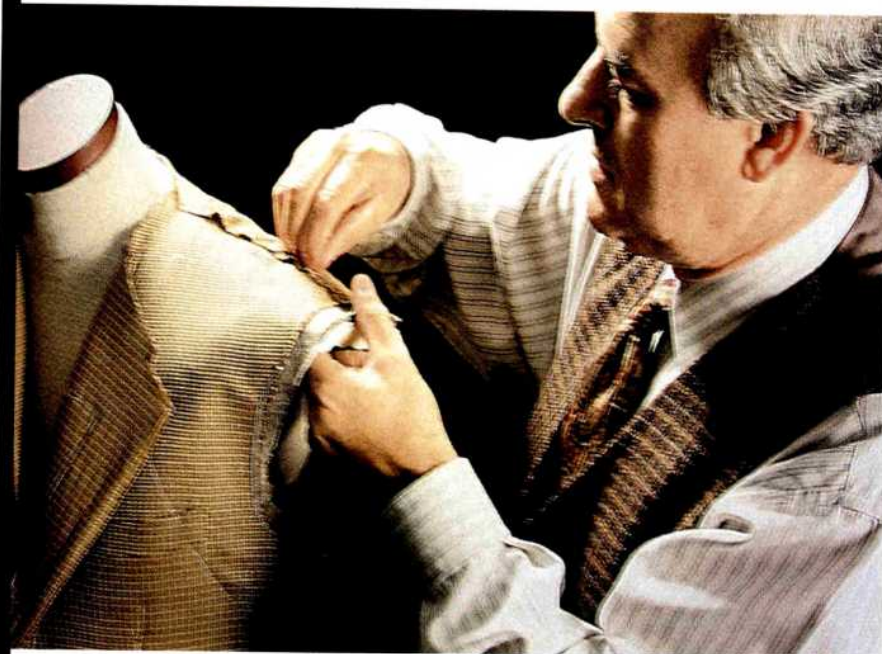
Current day bespoke tailoring paves a way from the past to the future. Replacing mass production and readymade convenience with unique personality and style, it has travelled well from Savile Row to the thriving Indian

luxury market. After all, a man is what he wears.

The truly incredible aspect of bespoke—and this is good news for many overworked and overweight executives—is that it can play fairy godmother to any physique. The nip of an inseam can give the illusion of height, and a tuck in a jacket can transform that tummy.



The Indian market is flooded with a fusion of international brands and local establishments. Ranging from age-old veterans to the biggest names in global fashion; there's a gamut of options to choose from.



While many Indian establishments advertise bespoke tailoring, very few have actually earned the right to it. The three notable names are Vaish Tailors in Delhi, Syed Bawker in Chennai and Kachins in Mumbai. Over many generations they've held the veneration of their long-established clientele.

Newer entrants have also widened their services to include bespoke tailoring. From Brioni and Zegna to Canali, these powerhouses offer a global fashion sensibility. Pulling about a fifth of their revenue in India solely from bespoke, a top quality suit stitched at these international tailoring outfits comes with a price tag anywhere between ₹1.5 to 3 lakh for the most part.

Indian establishments offer a more affordable option. "With international brands entering the market, we locals have gained," says Sachin Vaish of Vaish Tailors. "We offer the same bespoke services, but at less than half the price. So if someone's deciding between a ₹60,000 suit done by us, versus a ₹2 lakh outfit from Canali they naturally take the more reasonable option because they know they will not suffer in quality, fabric or service."

The service and quality are generally at par, and apart from the price

there is another difference that could tip the scales. The international players must arrange special appointments with master tailors during specific times of the year, when they can be flown in from their native countries. The locals, however, are ever-present.

The exceptional level of craftsmanship is honed through a long and rigorous process. "Ours is a family run business, so my grandfather, my father and I, are personally a part of the fitting procedure," says Sachin Vaish. "We get the shape of the suit spot-on after about four or five trials with the client. Our oldest tailors have been with us for as long as 40 years, and they pass down their skills to the newer apprentices on the job."

At Brioni, the training is differently structured; more academy than family. Brioni's master tailor, the illustrious Angelo Petrucci studied at the in-house tailoring school, 'Nazareno Fonticoli'. After graduating, he worked at Brioni for over 15 years, and only became the brand's master tailor in 2002.

Walk in, and let the masters do what they do best. They've dressed royalty, world leaders and the quintessential alpha male, James Bond. Whether you wear global or local, you're going to be in safe hands. ■

LITTLE BLACK BOOK

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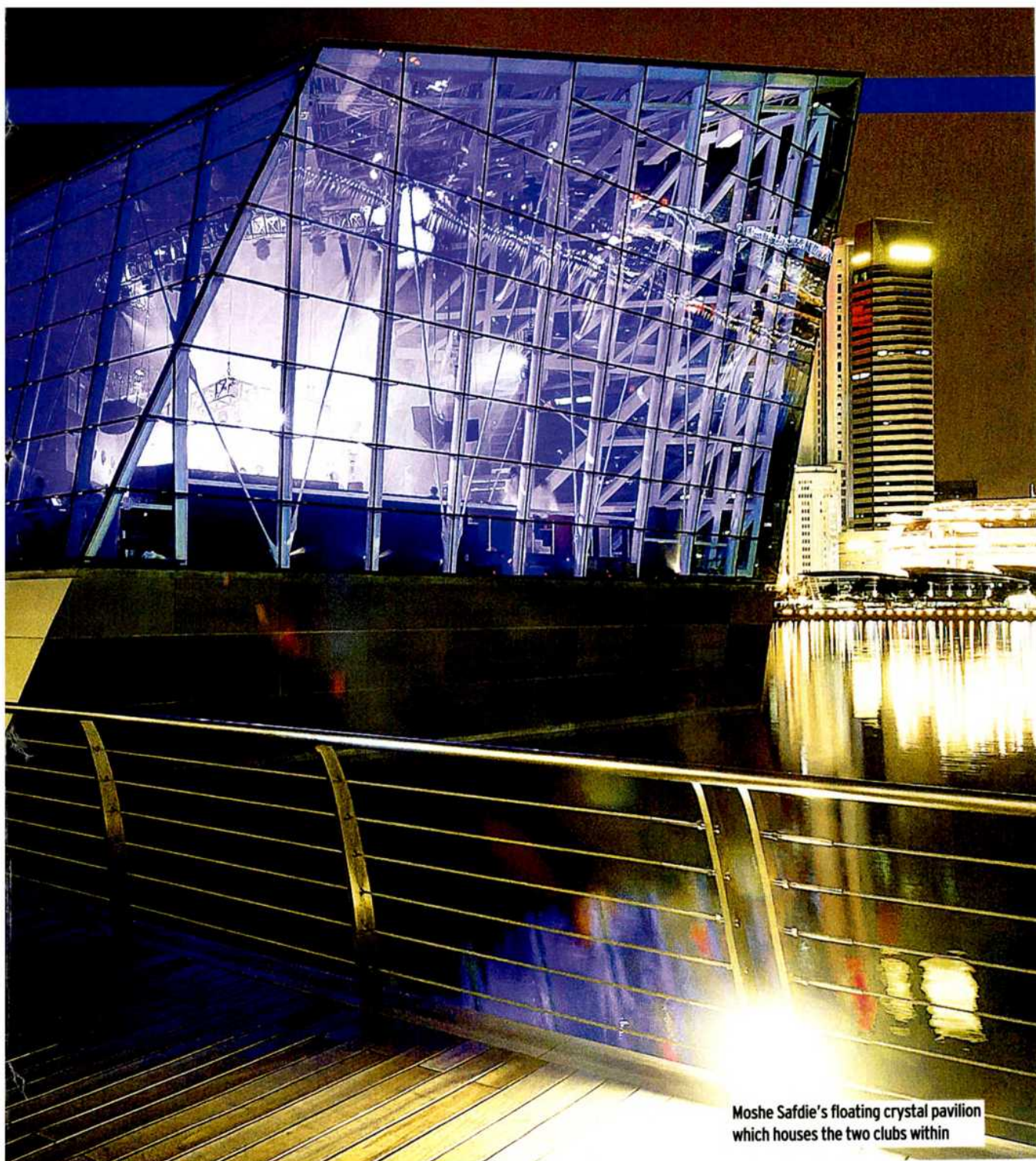
PARTY ROCK ANTHEM

» All crystal and bling, nightclubs Avalon and Pangaea, raise the bar for nightlife in Singapore. HITANI KAUR parties at last year's debutants among the world's party hotspots.

From pruned, perfunctory and almost submissive through the day, the city of Singapore magically transforms at dusk. That's when it ditches its un-failing order and discipline for a chaotic, spontaneous and almost manic after-dark existence. Matching the fervour step-for-step, are two of global club culture's biggest brands, Pangaea and Avalon, the latest additions to the city's hectic nightlife. Their magic reverberates in the wee hours of the morning, a loud proclamation that the party is here to stay.

Earlier last year, I'd visited the Marina Bay Sands Hotel to witness the opening of their Art and Science mu-

seum. Looking out at the panoramic view afforded by the floor to ceiling window from my room on the 48th floor, I was able to see just what had changed in the intervening six months. My south-facing window, which had earlier opened onto a site inundated with cranes, churning machines and piles of dredged up debris; had transformed into a gleaming, angular crystal pavilion encasing the two international nightclubs. There's a newfound appreciation that comes with seeing what-had-been before what it becomes. But even the uninitiated would be unable to stifle the gasp that Moshe Safdie's structure evokes, more so because it is functional rather than merely ornamental.



Moshe Safdie's floating crystal pavilion which houses the two clubs within

Jutting out into Marina Bay, and connected to the mainland by a planked jetty, the crystal pyramid encasing both Pangaea and Avalon within its basement and double-storey rise, makes you want to lean over and touch it just to be sure of its genius design. Pushing the envelope of futuristic architecture, it manages to remain within the bounds of aesthetic design.

Moving beyond the facade, is a world as rich and shiny as its exterior. Think flashing lights, plush interiors, thumping beats, glitterati, and five-star service; the two US imports are a hedonist's rite of passage, and membership to the clubs is limited. With a lofty international reputation

to live up to, both Pangaea and Avalon, despite sharing a common roof, are distinct in their statement, vibe and offering. While Pangaea positions itself as an 'ultra-lounge bottle club', Avalon contrasts as a 'dance club' with a lineage dating back to the 90s.

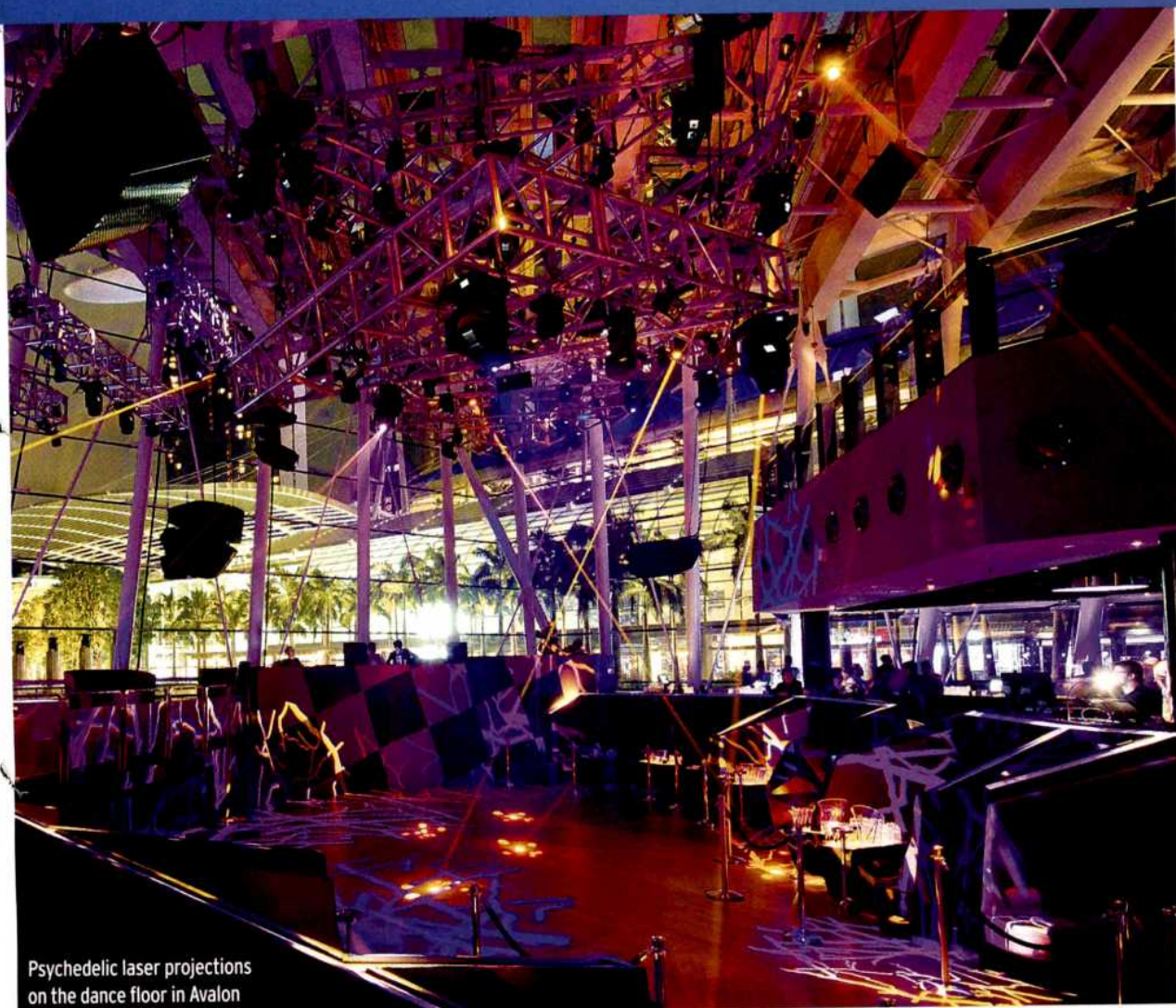
Our first stop for the evening was Pangaea, which is reached via an underwater tunnel flanked on either side by illuminated rods that constantly change colours. Upon entering the club, we were ushered in by hostesses in flowing gowns with Swarovski vines creeping over a single shoulder. They offered us dazzling smiles, champagne, and plied us with club trivia. Despite their diva looks, it is the



The glamorous interiors of Pangaea

bubbled faux ceiling that really catches your eye. Like the illuminated rods in the tunnel, these too, alternate between shades of the rainbow. Tear your eyes away and you have a chance to take in the exotic wood elements, tribal mask ornaments (from owner Michael Ault's private collection) and genuine animal hides. A zebra-top bar running along the breadth of the club stocks every imaginable liquor brand, and though the space appears intimate, it claims a capacity of up to 400 guests at a time. If decadence and sophistication are what you want, Pangaea delivers. No surprise there, considering Michael Ault has been dubbed the International King of Clubs. Over the course of his 30 odd years in the business, the man has built and owned over 25 world famous nightclubs spanning across New York, Sao Paulo, Marbella, London and now Singapore—the one he claims is 'the pinnacle of his professional efforts'. Flying in world famous DJs to work in concert with musicians, drummers, and dancers, Pangaea is a sanctuary shielding you from anything less than perfection. But once you've soaked it all in, move to Avalon to stir things up, for insanity has no place within the laid-back walls of Pangaea.

Contrasting Pangaea's elegance, American nightlife veteran, Steve Adelman's Avalon is brash and unabashed. Service is far from impeccable, so don't expect a continuation of the VIP treatment at Pangaea. Consider yourself privileged if you make it in, because like all new places, it attracts serpentine queues every weekend that are hard to bypass. Get your stamp, and the short walk across the jetty to the main entrance is all the fresh air you are likely to get that night. Once you step in, you're swallowed by the thumping beat, dizzying laser show and frenzied movement of party-goers. It really is every-



Psychedelic laser projections on the dance floor in Avalon

thing you want a crazy night out to be, and then some.

The music is a cross-over of different genres—electronic, rock and hip-hop merge as they're belted out over a state-of-the-art system where the music bounces off the glass shards of the crystal wall to create a cocoon of deep, cushioned acoustics. Spread over 12,000 sq. ft. and two floors above ground, filling up the space is a non-issue considering the club's track record. The ground floor features a sunken dance floor lined by private alcoves of cushioned semi-circles, but the dancing's not limited to this space alone. Though there's enough room for mingling along the illuminated bar, the intensity of sound and energy leaves you with no choice but to leave the gossip session for lat-

BOTH CLUBS OPENED IN SEPTEMBER, IN TIME FOR THE COVETED SINGAPORE GRAND PRIX AND CASHED IN ON A GLOBAL AUDIENCE ALMOST INSTANTLY

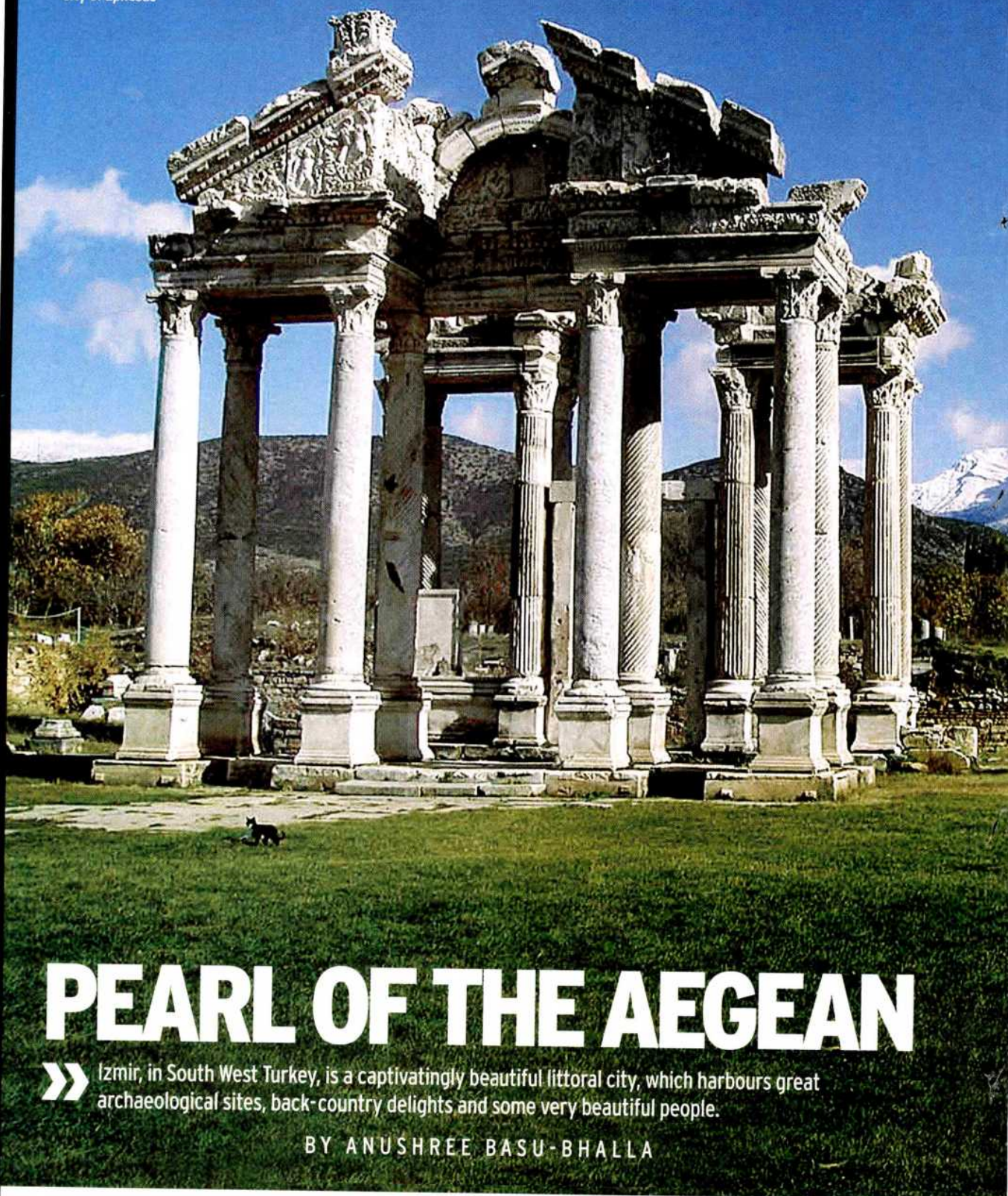
er, and join the party. Adelman, whose dance clubs are known for attracting Hollywood bigwigs, has tried to deliver a spectacle which is a step ahead of its time. His statement is bold, "more than giving people what they want, we want to be delivering what they will want". So far, his claim seems to have been achieved, whether or not it can be sustained, only time will tell.

Combining their international brand value with Marina Bay Sands' monopoly over the hospitality scene, both clubs have exploded on to the international stage. Matching the city's non-depletable energy levels, and

raising them a notch, they have added a new dimension to Singapore's nightlife.

Once you step inside the crystal pyramid, you're swept up into a whirl and it's hard to tell what's on the outside. So while there are plenty of other spots that acquaint you with the local flavour of the city, this isn't one of them. Right from the live acts, the service, the thronging clubbers and even the decor; every aspect maintains the franchises' international standards. Party capitals like New York and London now have some spanking new competition from Singapore. ■

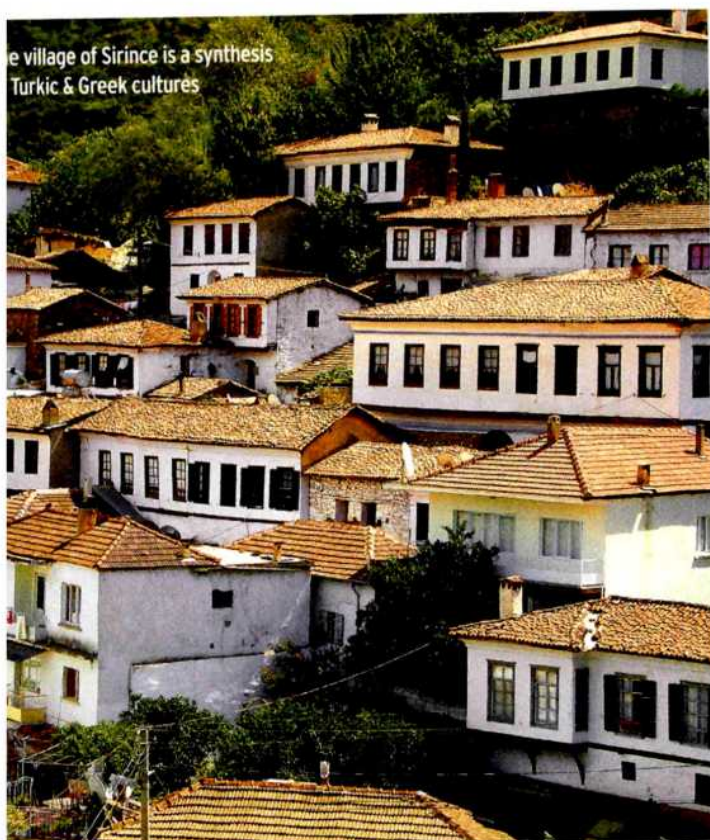
Ruins at the great Roman
city of Ephesus



PEARL OF THE AEGEAN

» Izmir, in South West Turkey, is a captivatingly beautiful littoral city, which harbours great archaeological sites, back-country delights and some very beautiful people.

BY ANUSHREE BASU-BHALLA



Within just 70 years Turkey has gone from a place with a tangled history to a holiday hotspot. The geo-political upheavals of the 1920s forced tens of thousands of Muslims to leave their homes in Greece. Travelling by cart, freighter and camel, they arrived here to rebuild a life. Many ancient civilisations, from the Lydians to the Persians, Romans and Byzantines, have seen their empires rise and fall here. It is this history that today, draws millions of tourists to these shores. Thanks to Turkey's modern economy, carts and camels play no part in my own journey. Instead I take a comfortable five-hour Turkish Airlines flight from Delhi via Istanbul to Izmir.

I head out to explore the city after checking in at the shorefront Crowne Plaza Hotel. There's an aroma of fresh coffee and tomatoes in the air, drying laundry gently flap in the cool wind on the rooftops, the sun is balmy and the setting is of a rather sleepy afternoon. Izmir may be home to four million inhabitants but it has a certain quaint quality to it.

The city sits just a few feet above the deep blue Aegean Sea. Behind it, the Madra mountains form a lush backdrop. It's no wonder then that these settings inspired Homer to pen *The Iliad*—it was first recounted on the banks of the nearby Meles, between 750 and 700 BC—and even encouraged Alexander the Great to take a break from his many conquests. May be that is why the Turks call this place "*guzel*". The word means beautiful. It really is.

At the city centre, the palm-lined Kordon promenade bustles with bars, restaurants and cafes that send the delicious smell of spices, coffee and shisha wafting through the air. It is no accident that the promenade faces West; perfect to catch the sunset. The impressive Konak pier, with its many yachts was designed in 1890 by the same Gustave Eiffel who, just the year before, had built Paris' Eiffel Tower.

I take a seat at an al-fresco restaurant, Firinci Cafe, on Passport quay and order a coffee. There is an enthusiastic, almost festive, character to this part of town. The coffee arrives in a tiny cup. It holds a rich, muddy concoction. Turkish coffee is prepared by boiling finely-powdered, roasted beans in a *cezve*, or pot. The coffee is left to settle into a thick, strong, sludge. Ahmet Maqsood, my steward, tells me most

drinkers only manage four or five sips before the dregs at the bottom become too bitter to finish. To the Turks, coffee is a potent aphrodisiac. In fact, years ago, you could even divorce your spouse if they refused to drink it.

The next day, I set off on my journey from Izmir to Smyrna, the legendary city of the Amazons—the warrior womenfolk of Greek mythology. Legend has it that the Goddess Nemesis visited Alexander the Great in a dream when he stopped to rest on Mt Pagus, just outside the city walls. Nemesis ordered the city be moved to the hillside, where modern-day Izmir stands. No reason was given; at least none was recorded. However, the Oracle of Claros is said to have predicted that Smyrna's citizens would be four times happier if they made the shift.

The Oracle was right. The city prospered thanks to its fortuitous location along important trade routes. Strabo, the ancient geographer, once

wrote that Izmir was the most beautiful Ionian city, even rivalling nearby Ephesus, which is my next stop.

Ephesus hints at what Smyrna would have looked like in ancient times. It was the capital of the Asian arm of the Roman Empire and was home to 200,000 people. Although only partially excavated, Ephesus is a fascinating reminder of how advanced these ancient cultures were. I arrive on a busy morning. Ephesus' bone-white ruins attract scores of tourists. They may be dressed in jeans and hats but I can't help but imagine that this is what the city's busy streets would have seemed like in the first century AD. At dusk, I return to my hotel after my time-travelling adventure. A guide book from the concierge helps me

navigate the labyrinth of Ottoman and Roman history.

The next day, Sirince (meaning 'pretty' in Turkish) awaits a visit. This tiny village perched atop a hill is a perfect synthesis of pre-1920 Turkic-Greek culture. The town is famous for olives. In fact, the world's oldest olive oil workshop is just 20 kilometres away in the fishing village of Urla, which dates back to 4000 BC. Aubergines, peppers, mulberry, pomegranate, figs, and pumpkin are also staples here.

On my last night in Izmir, my guide Gulgun promises a sensory treat. Like most things in Izmir, the restaurant she takes me to also has a backstory. *Asansor* (meaning elevator) is housed at the top of a 40-metre tower that was built in 1907. A local philan-

STRABO, THE ANCIENT GEOGRAPHER ONCE WROTE ABOUT
IZMIR, CALLING IT THE MOST BEAUTIFUL IONIAN CITY OF
HIS TIME, RIVALLING NEARBY EPHEBUS

The grand amphitheatre at Ephesus is an architectural and cultural marvel





Olives are a staple in Smyrna



Asansor, the roof-top restaurant, offers spectacular views

Travel As You Like

Getting There

Izmir is about 560km from Istanbul. A drive down would take at least eight hours although the views are captivating. An easier option is to take a Turkish Airlines connecting flight from Istanbul to Izmir.

Must See Sites

The Konak pier in Izmir is more than 120 years old and offers great views of the sea. Ephesus and Sirince are good options to experience how the architecture and history of this region has evolved.

Where To Stay

The Crowne Plaza Hotel in Izmir offers twin-occupancy with a sea view for ₹7,429 a night, excluding taxes.

thropist funded the entire project because he wanted to connect Izmir's downtown Halil Rifat Pasha district with the hillside Karatap area. The restaurant that sits on the hillside offers a stellar view of Izmir, and all the way down to the twinkling lights of boats on the Aegean.

Despite its location in the Asian part of Turkey, Izmir's cuisine has a distinctive European flavour. I order some grilled sea-bass and squid cooked in vine leaves. For that middle-eastern flavour, I add some *kofte*. Each dish is light and fresh. For dessert the kitchen sends us an assortment of quintessential Turkish sweets—*baklaras* and *lukums*—in more varieties than you can possibly chew.

Izmir, like Turkey itself, is at the crossroads of civilisations. It is the east of the west and the west of the east, where culture, religion and mysticism gather and fuse into an elaborate tapestry. Mosques, synagogues and churches, thriving across the city, are testament to an atmosphere of tolerance. I pack many souvenirs—from bottles of olive oil and pomegranate extract, to little 'evil eye' key rings. I want to take back as much of this beautiful city with me as I can. Izmir, with its gentle gait and vivacious personality remains in my thoughts long after my flight has taken off. ■

VERTICAL LIMIT

» Billed as the highest hotel in the world, the Ritz Carlton is another remarkable addition to Hong Kong's soaring skyline. Here's to the virtues of high-living.

BY R PALLAVI

In a world where civilisations clash for supremacy, height is an important advantage. No, we're not talking about anatomy, or Napoleon, but cities and how they are built. Skyscrapers may not be the best way to gauge development, but they stand testimony to commercial and technological prowess; something East Asia's governments are acutely aware of. Here, soaring skylines symbolise aspirations of post-colonial states and exemplify national clout. A perfect example is Hong Kong's tallest—and the world's eighth tallest skyscraper—the International Commerce Centre. The top 17 floors of this 484m structure house the Ritz Carlton, and have become the latest hangout for the region's elite travellers. Billed as the world's highest hotel, the Ritz is a super-comfortable aerie with unparalleled views of Hong Kong's Victoria harbour and the concrete jungle around it. At the Ritz, you can experience the city in its entirety, even if you don't have time to head out. Just perfect for those ultra-short business hops that leave you with absolutely no time for sightseeing. Since its

launch last March, this 75th Ritz Carlton has established itself, by virtue of its commanding height, as one of the world's most coveted properties.

A circular drive-way takes guests to the arrival lobby on the ninth floor of the ICC tower. Here, the staff escort you through a glass door, flanked by immaculate greens and fountains, into an ocean-blue marbled hall with tastefully-arranged bouquets of purple flowers. Once the front desk runs a quick background check, you gain access to the wood and onyx lift lobby with marble damask elevators. These whisk you to the hotel's main lobby 94 floors higher in just 52 seconds. With clogged ears and a slightly dizzy head, your tryst with high-living has begun.

Capitalising on its location, the hotel features floor-to-ceiling glass walls for a 360 degree view of Hong Kong's downtown district, Kowloon. Occasionally, a cloud floats by reminding you of just how high up you are. Here, the hotel has deliberately chosen muted colours and dim lighting to guide your eyes to the windows and the splendid vistas beyond.





> The hotel occupies the top 17 floors of Hong Kong's International Commerce Centre, the world's eighth tallest building

BT More hotels

The black marble and onyx floors are chequered with rich, rust coloured hand-tufted wool and silk carpets. At the crossroads of the orient and occident, the Ritz is furnished with contemporary Chinese artworks.

Occupying floors 106 to 117 are 312 guest rooms and suites. Each one has been thoughtfully equipped with a telescope. Yes, they really do want

you to enjoy the view. Oriental accents are everywhere: from the silk-panelled walls, to the floral motifs on the carpets and even the bright tangerine, silk-lined interiors of the Chinese jewel-box shaped closets. While the rooms guarantee comfort, chances are you won't spend too much time in them.

On level 102, just below the main

lobby, are the Ritz's restaurants. The first is Tin Lung Heen, a Chinese fine-dining experience. Conveying a spirit of fire, an important symbol in Chinese mythology, the restaurant features two giant, convex chandeliers. Each is dotted with more than 100,000 Swarovski crystals. Here, you can savour traditional Chinese delicacies like braised bird's nest and char-grilled barbecued pork, which can be washed down with steaming cups of traditional herbal tea.

A walk through the colourfully lit wine cellar transports you to the southern Italian restaurant Tosca. The two giant fountains bang in the middle of the dining area make the restaurant's aqua theme evident. Touted as one of Hong Kong's best Italian eateries, Tosca offers excellent seafood options such as Sardinian red shrimp and grilled Mediterranean cuttlefish. The food is cooked right before you in a live kitchen, adding a dash of flamboyance. Just above the restaurants lies the Chocolate Library. Furnished and upholstered



➤ Above The business lounge by night;
Left The hotel offers a Rolls-Royce pick and drop for privileged guests



Each suite comes with a telescope for a great view of Victoria harbour



THE SWANKY BUSINESS LOUNGE ON THE 116TH FLOOR EQUIPPED MEETING ROOMS, A LIBRARY ALONG WITH A 24-HOUR COFFEE SHOP

in cocoa-tones, this open lounge is just the place to enjoy a framboise tart, a white chocolate berry shot or confit macaroons.

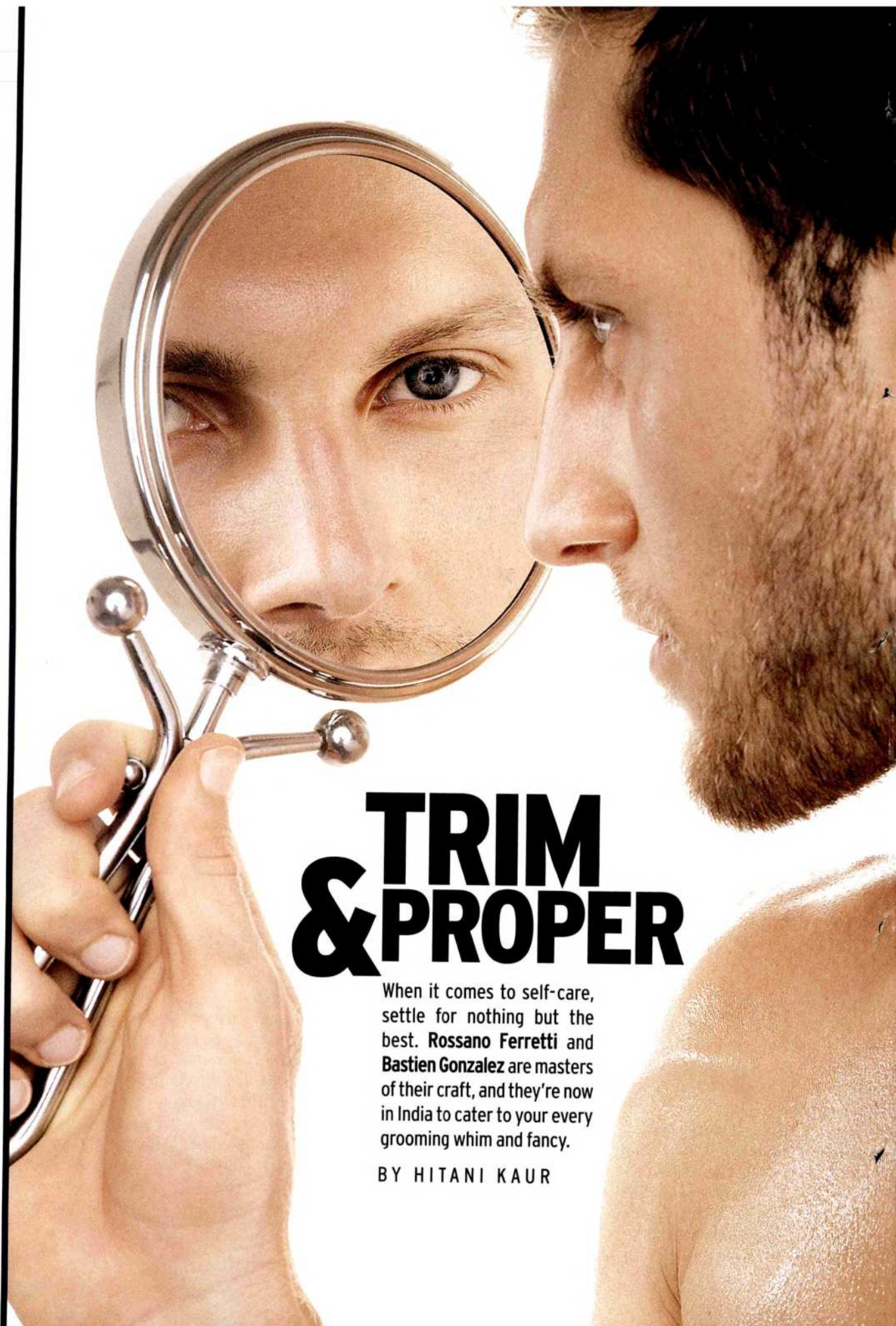
Touted as the highest bar in the world, Ozone is located on the top floor. With it, the Ritz hopes to change Hong Kong's after-hour's scene. In its edgy, mirror and marble interiors, lies a sushi counter, a DJ console, an open bar and scattered lounge seating. Here, you can devour oysters and caviar as you sip on signature cocktails. Besides two private dining rooms, the larger of which looks out onto the harbour, there's an option for outdoor al fresco dining. Remember

to book your table well in advance, else the hundreds of employees from the numerous offices below the hotel will just beat you to it.

The fun at the Ritz is mostly restricted to Ozone. The rest of the Ritz is best described as a serious business hotel. This comes across in the sombre dress-code you are required to maintain—an unspoken expectation from the staff. The 116th floor features a business lounge complete with meeting rooms, a library, computers with Wi-Fi connectivity and a club concierge facility. Besides personalised check-in and check-out service, the Club Lounge offers 24-

hour food and beverage facilities. And since work and wellness go hand-in-hand, sharing the 116th floor with the business lounge is a well-appointed spa. This one is run by the international spa consultancy ESPA. Like most things at the Ritz, it too is billed as the world's highest spa and offers therapeutic oriental and jade stone treatments. If the thought of lying still on a massage bed doesn't energise you, head to the rooftop pool and the multi-gym next to it.

More than anything else, your stay at the Ritz gives you a novel and intriguing perspective of this glitzy and fast-paced city. In the race for the title of 'the most innovatively designed concept hotel', The Ritz Carlton, Hong Kong, stands tall, quite literally. *Price HK\$ 6,000 to HK\$100,000 per night(plus tax)* ■



TRIM & PROPER

When it comes to self-care, settle for nothing but the best. **Rossano Ferretti** and **Bastien Gonzalez** are masters of their craft, and they're now in India to cater to your every grooming whim and fancy.

BY HITANI KAUR



Groom yourself to perfection with a range of customised luxury rituals. Start with a dapper haircut and work your way down to your toes.

A haircare ritual with a vitality mask and manicure-pedicure on the side? Not so long ago, grooming for men amounted to little more than a regular shave and trim. Today, the grooming menus at salons and wellness centres allot equal space and importance to their men's section. Massages, hair spas, laser hair removal, skin whitening, podiatry, scalp treatment, personal trainers, implants and appearance boosters; keeping pace with the mounting demand, there are a dazzling range of treatments to ensure today's men look and feel their best after a grooming session.

We're not quite sure when it all changed, but somewhere along the way male grooming became fundamental and a necessity rather than a one-time luxury. Today, a man's boudoir is as cluttered with products as that of a woman's, and upkeep is only the norm. In a world where the cover determines the fate of the book and appearances reign supreme, every winner must look and dress the part.

While acclaimed male and unisex salons have a presence in just about

every arcade, a newer trend is that of customised and specialised salons creating a niche for themselves in internationally established hotel chains around the country. An extension of the hospitality extended to hotel guests, these grooming salons are also open to the public. Be it the interiors, the service, or the staff's level of training, a session in grooming is an experience in its entirety.

The recently launched luxury arcade at the Oberoi Group of Hotels in Gurgaon, shows off dazzling designer brands for retail therapy and seduces you to stay on for therapy of a different kind. Importing names of international fame, the arcade houses a Pedi:Mani:Cure Studio by podiatrist Bastien Gonzalez and a hair spa franchise belonging to celebrity Italian hair stylist Rossano Ferretti. Both men are masters in their field, and have earned a reputation over years of training, excellence and experience across the world, not least from some of the most celebrated names in Hollywood.

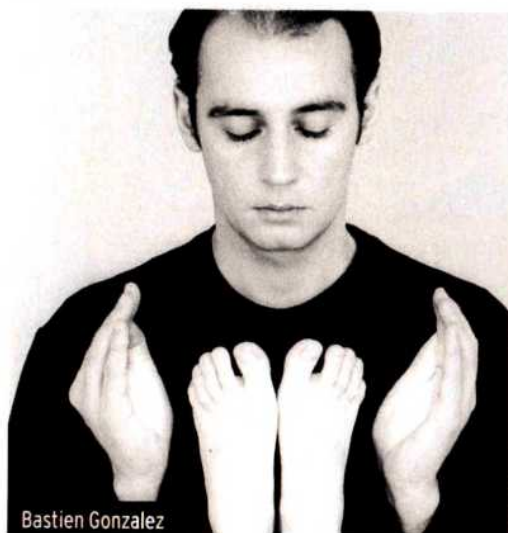
Spotted about 20 years ago by Giorgio Armani himself, Rossano Ferretti towed the line from generations

of hairdressers in his family. Today his clients are the biggest celebrities from around the world (including the late Princess of Wales who summoned him to give her the iconic 'lady Diana' haircut), and his name has become a bestselling brand. His haircare and styling is personalised, and his method creates a unique relationship between personality, body and hair; preserving and maintaining individuality for each of his clients. Each Rossano Ferretti salon is designed and decorated to match his personality, and echoes the man's creative genius through every aspect. Furthering a sensibility which is rooted in history and family ties, each member of this brand undergoes a 12-month-long training course at the Ferretti academy in Parma, Italy, which is run by his sister, Lorenza Ferretti. The hair spa in the National Capital Region is his second in the country, after the Four Seasons hotel in Mumbai.

Moving down from head to toe, Bastien Gonzalez is applauded for his glamorous and uniquely designed treatments for feet and hands. He made his foray into podiatry quite by accident, and literally at that. After a skiing



Created in conjunction with French cosmetology specialists, Bastien Gonzalez's collection of creams and balms are made with natural ingredients and essential oils.



Bastien Gonzalez



Rossano Ferretti

mishap at a young age, he underwent six months of physiotherapy, and it was during his treatment that he met a podiatrist and discovered this was the vocation he wanted to immerse himself in. So he packed his bags and moved to Paris for a three-year-long training course, after which he ended up working as a podiatrist at the most exclusive hotels in Paris, London and New York, earned a reputation amongst the who's who of the international community and finally set-up his private podiatry practice. Today he sets himself apart by combining his skills of French podiatry with a range of developed products, fusing the two with wellness and beauty. Popularly called the 'messiah of the naked foot', Bastien Gonzalez is today in a league that is all his own.

While the experts themselves return to their Indian outfits about three to four times a year, you will have to stand in a long queue to avail of their personal attention and services during these scattered visits. But in their absence, the salons are managed and run by personally trained and appointed managers who have learned first-hand from their mentors, so you're still in good hands.

The introduction of these two new specialised luxury salons in Gurgaon which is a hub for multinational companies, has upped the ante for grooming a substantial notch higher. What also helps is their international presence and appeal. So pamper yourself and breeze out of the spiffy saon feeling like a million bucks. ■

PEDI:MANI:CURE STUDIO BY BASTIEN GONZALEZ

Doing away with the staid toenail trim-and-lacquer routine found in most nail-bars, Bastien Gonzalez's treatments are more complex than the average. Involving scalpels, drills, marble dust, chamois leather polishers, and a holistic foot and leg massage, they last up to about 90 minutes.

BT-MORE RECOMMENDS

SIGNATURE TREATMENTS

Bastien Duo Treatment ₹6,900
(75 minutes)

Bastien Pedicure ₹4,900
(60 minutes)

Bastien Manicure ₹2,900
(45 minutes)

MASSAGES (35 minutes)

Global Massage Refoundation ₹4,500

Foot Refoundation Massage ₹2,500

METODO ROSSANO FERRETTI HAIR SALON

'The Method' created by Rossano Ferretti is revolutionary in the field of haircare. It focuses on the natural fall of the hair, allowing the hairdresser to enhance the client's individual beauty.

BT-MORE RECOMMENDS

HAIR RITUALS

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BT More spirit

THE ART OF JAPANESE WHISKY

The Yamazaki 12YO and Hibiki 17YO are two of Japan's oldest and finest whiskeys



» The Japanese attribute the success of their spirits to the weather. Indian whisky expert **Sandeep Arora** indulges in the mild warmth of their spirits.

Yamato-Damashii. This ancient phrase literally means Japanese spirit. Despite its brush with warfare and natural calamities down the ages, Japan's undying soul remains intact. The sun has always risen on Japan, literally and metaphorically. In a more leisurely sense too, Japanese spirits, most notably its whiskies, are gaining a foothold in a world where scotch has always dominated. Ask the Japanese what makes their liquor special and the quick reply is, the weather. Japan's long summer is ideal for distillation and by the time autumn comes around the whisky is calm. Spring on the other hand brings in mellow fragrances of cherry blossoms and the largely dry winter is conducive for ageing malts and blends. Each season plays a special role in creating the final product and Japan's whisky industry has done well to exploit the weather's virtues. The industry builds on ancient processes and traditions, producing unique blends and malts that get better with age.

Japan's tryst with whisky is believed to have begun in 1870 when Commodore



The sun is rising on Japanese whiskeys as bartenders across the world are realising their mild yet rich flavours that can be enjoyed neat or in cocktails

Matthew Perry gifted Emperor Meiji Mutsuhito 100 gallons of American whisky. The Japanese' love affair with this drink was nurtured by its two liquor legends Shinjiro Torii and Masataka Taketsuru.

In 1923, Shinjiro Torii, the founder of Suntory, built Japan's first whisky distillery in the valley of Yamazaki, on the outskirts of Kyoto. In Suntory, the whisky was distilled in copper pot stills, a trend then exclusive to Scotland. Today, Suntory exports to more than 35 countries and is hailed for its single malts, especially the 12-year-old (YO) and the 18YO. While the younger variety is medium bodied with a mellow, honeyed nose and a lingering woody dry finish and fuses aromas of dried fruit and honey, the more aged one is full-bodied and lends itself to toffee aromatics which offset its spicy cherry-like tones. In an effort to make each drink distinctive in flavour

and aroma, the ageing is done in casks made from American, Spanish and Japanese oaks. In Japan, this single malt is either enjoyed on the rocks as an after-dinner drink or paired with sushi and sashimi as a tall drink with a splash of water and ice.

Following Torii's lead, Masataka Taketsuru travelled to Scotland in 1923 and learnt the art of malts from the Scotch. He founded Nikka Whisky which operates out of two distilleries – Yoichi and Miyagikyo. The former is on the northernmost island in Japan and falls on the same latitude as Toronto and Vladivostok. This means that it experiences extreme temperatures and snow; the perfect setting for ageing malts. Here, the pot stills are heated using powdered coal, a traditional technique hard to find even in Scotland. Miyagikyo in the northern Honshu state is set amidst mountains and rivers and the humidity here is

suitable for distillation. The crisp mountain air further helps in producing soft and mild malts. Nikka is hailed for its blended malts such as the signature 'from the barrel' which is blended and then re-casked, and bottled directly. The Tsuru 17YO on the other hand has a surprisingly smooth finish and a sweet balmy aftertaste even after a long ageing.

The other labels to watch out for are the Karuizawa and Ichiro. Set up in 1955 at the foothills of an active volcano, Mount Asama, the Karuizawa distillery uses basalt, or hardened lava, to filter the water, lending a distinctive taste to the spirits. Their 1981 vintage is bottled at full strength from a single sherry cask, resulting in rich barley flavours and deep amber colours. Ichiro on the other hand retails young 3YOs mellowed with citrus and honeyed tones.

Today, Japan is among the world's



JAPANESE WHISKY COCKTAILS

Nikka Pure Malt 60 ml

Cinnamon Sugar syrup (20 ml)
Orange Juice (40 ml)
Bitter drops (6 to 8)
Mix well and pour over crushed ice.
Garnish with orange rings and serve in a low ball glass. A delicious, citrusy drink.

Hibiki 17YO 60 ml

Squeezed fresh root ginger (1 inch)
Fresh mint(6 to 10 leaves)
Sorghum Liqueur(20 ml)
Mix and pour over crushed ice
Garnish with lime peel and serve in a tall glass. The pungent tones of ginger are balanced by the sweetness of the liqueur.

Miyagikyo 19YO 60 ml

Lime juice (30 ml)
Brown sugar(half tea spoon)
Lime wedges (4 to 5).
Serve in a tall glass and garnish with mint and rose petals. The lime wedges should be left un-squeezed. This will release fresh aromas and a flavourful aftertaste.

Japanese whiskies are best had neat or with water. Sparkling water kills the flavour.

leading whisky producers and a whisky loving nation, much like India. With Japanese food gaining a serious foothold in India, the going has never been better for whiskies from the country.

Radico Khaitan, a major Indian liquor producer, started the trend this year by launching Suntory's premiere whiskies in the Metros. You can now find Yamazaki 12YO (₹6,500) and Hibiki 17YO(₹9,500) at premier liquor shops. Hotels too have begun to import select brands. There are plenty of options should you choose to indulge. *Kanpai!*

SUGGESTED FOOD PAIRINGS



Yoichi 20YO

This is an elegant and gentle whisky. Its flavours require a bit of chewing. It is paired best with steamed asparagus and steamed dumplings. Alternatively, make it a dessert drink and pair with chocolate and raspberry pudding.

Suntory Single Malt 12YO

This delicious single malt has a sweet and bright aroma with a robust woodiness thrown in. The delicate flavours of freshly-caught salmon would pair excellently with this whisky as would a dish of soft dumplings.



Karuizawa 21YO

This whisky has a good nose of honey and is full of summer fruit flavours. Its crisp taste with a long finish would pair excellently with stringy lotus stems soaked in honey and sesame as well as a crispy tempura dish.

Yamazaki 12YO

To balance the gentle fruity and cocoa tones of this malt, serve it with pungent and spicy dishes. Some interesting pairings are pea samosas, *murgh achari tikka* and *laal maas*.





"French flowers" Watch Collection launch by Ceres

Ceres celebrated the start of autumn by unveiling its "French Flowers" collection – the first fine watch collection of the exquisite jewellery Brand Ceres. The four-model "French Flowers" watch Collection celebrates the sparkling colours of the French Chateau de Versailles Garden flowers. It offers a luxurious edge to oversized watches.

"It was an exciting and tremendous project for my company to launch its first watch venture and I'm pleased that we have now a watch collection that reflects both the best of the French Spirit and the Swiss Technology," stated Mr. Nitin Goenka, Managing Director of Ceres.

"I was fascinated by the design and colours of this historical garden and I developed this collection based on the four seasons of this French garden.

Upon the angles and the light around the watches the colors fluctuates and you have the magic feeling that you are in a presence of a different watch," added Mr. Goenka. The launch of the "French Flowers" Collection in Delhi-India, is a natural step for the well established and fine jewellery Indian Brand Ceres, which will have a total of 6 retail stores all over India in the very near future.

Get a corporate feel look with Da Milano's corporate Gifting collection



The Year 1989 saw the birth of fashion brand Da Milano, providing exclusive leather accessories and products to people who like to live a classy lifestyle. Our Collection carry originality, genuine quality and flair that is incomparable to any other brand. This is because we promote prized craftsmanship as we are obsessed for experienced handiwork and best of quality resources to create our exclusive signature style. Not only in India, but we proud to associate ourselves with global market like Europe, North America, Asia and Russia where our brand has carved a niche for itself.

Da Milano's collection varies from formal to informal occasions, business purpose and for glamour. From ladies bag to Men's Wallet, Business folders to other accessories, you name it, you get it from our Collection. Style and exquisite looks of each product got international acceptance, which attracts people of class to own it. Our products and services are great gifting ideas and cater to various marketing initiatives. Da Milano had marked its presence globally, by being a brand that has exclusive fashion accessories and with loyal customers who patronizes the products with pride and style. Exclusive stores of Da Milano are in these cities Delhi, Noida, Gurgaon, Mumbai, Pune, Chandigarh, Hyderabad, Kolkata and Chennai.



Mangio-All day dining in Kolkata

As you dig into your Mushroom and Feta Tortellini and Lamb Shanks, you could be anywhere — in a Trattoria Mia Cuccina in Rome, in a quaint Paris bistro or in a distinctive Manhattan style delicatessen

Mangio ("I eat" in Italian) in Enclave Mall on Alipore road is a seated all-day dining restaurant from the house of Kookie Jar offering latest trends in world cuisine, very European in ambience. The idea was to create a place where you could stop by any time of day or evening and treat yourself to a hearty European meal, breakfast through dinner.

And, of course, the Kookie Jar touch can be felt in sinful desserts like Caramelized Rosemary Apple Tart, Chocolate Decadence, Molten Chocolate Cake or Tiramisu. They also have a selection of gourmet homemade ice creams.



RESTAURANT REVIEWS

Divine Dining

» The latest addition to the 11-year-old Delhi favourite Diva dresses down but keeps the banner flying high.

BY HITANI KAUR

When it comes to Italian fine dining, very few stand alone restaurants have survived the long haul. One of those is unquestionably, chef Ritu Dalmia's Diva. Having already been around for well over a decade, it's kept abreast with changing culinary trends and reinvented itself ever-so-often. Dalmia's newest offering is the all-day Diva Café. This cozy eatery tones down the brand's finesse with a more on-the-go, affordable delicatessen experience.

The menu is eclectic but not confusing. Diners have the option of ordering from a selection of Big Plates, which are essentially a range of main courses with a few trimmings. The Small Plates work for those with bird-like appetites. The ravioli tossed in basil pesto is creamy, delicious and exquisitely plated, as is the cous cous topped with fried snapper. The pumpkin and aubergine

salad is a quirky experiment but is definitely an acquired taste, while the mushroom quiche with caramelised onions was far too sweet for something that isn't a dessert. However, the chef's true accomplishment lies in her pizzas. Perfectly-baked thin crusts, deliciously rich cheese and toppings in flavoured marinades are combined with a distinctly smokey flavour thanks to the newly-installed clay oven. Diva, without question, serves the best pizza in town.

Limited to the ground floor of the existing establishment, the cafe distinguishes itself from the fine dining section with its less formal atmosphere. The interiors are cheerful. An open-faced coffee counter doubles as a bar, comfortable seating blends leather with fabric, and bright swatches of colour juxtapose with deep, earthy hues. The food looks as good as it tastes, and is



Pizza Salsiccia



Pizza Margherita

complimented perfectly by a well-curated wine list and warm, friendly and extremely clued-in staff. The kitchen opens for business around noon and functions right until closing. So if you're catching a bite at an odd hour between meals, walk right in.

Meal for two: ₹2,000.

Address M-84, M Block Market, Greater Kailash 2, New Delhi, **Tel** (011) 29215673, 41637858



The new cafe on the ground floor of DIVA



The restaurant's earthy, crimson interiors are plush and snug

My Name is Red

Red Zen at Pune's Marriott Courtyard has upped the ante for Pan Asian cuisine in a city that loves food

BY R PALLAVI

In the past two decades, Pune has grown from a fledgling metro to a city that's vibrant, fun and one that attracts a large student community. It's also a city that loves food and that's where the Red Zen comes in.

As if ablaze, the interiors are swathed in crimson shades. These offer a warmth that's enhanced by the firelight of the symmetrically-placed chandeliers and cup candles. In an essentially contemporary set up, Red Zen's open kitchen dishes out flavourful Chinese and Thai delicacies. While some dishes are Indianised, others are left authentic to satisfy purists. The rather inventive menu was decided upon by Thai-born-and-bred chef Jatsalid Sirimongkolthong, who brought to it his South East Asian sensibilities.

Your meal is best begun with the scallion pancakes. This Japanese-Korean dish is served with pickled ginger, Japanese mayonnaise with hints of apple cider vinegar, and hoi sin sauce. This can be supplemented with the kung pao chicken, an age-old Chinese dish cooked in hot chilly and made crunchy with sweet peanuts. These form a fitting first course and prepare your palate for what lies ahead. A much-needed break from the ubiquitous tempuras and dumplings. Another well-done classic is the tom yum. The soup is richer than usual and is infused with lemon, herbs, coriander and prawns.

The main course is simple and absorbs you with its flavourful aromas, be it the burnt garlic in the shrimp fried rice, fresh basil and asparagus

in Thai vegetable curry or the flowery notes of the jasmine steamed rice. The desserts are crafted from the same ingredients used in the main course. This keeps the flavours rolling along. Good dessert options are the bua loy and tub tim. Interestingly, both use a coconut milk base and are served rather smartly, in martini glasses. While the bua loy is warmish with sticky rice balls, the tub tim is crunchy with crushed ice and water chestnuts.

In all, the experience is a delightful one. What better could come of merging a mythologically significant colour with a philosophy of life?

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WRC 2012

On the Monte Carlo Track

The 2012 World Rally Championship season kicks off at Monte Carlo in Monaco, after a three year absence from the venue. This 80th *Rallye Automobile Monte-Carlo*, also marks 101 years since the event entered the race calendar. Monaco has a well-deserved reputation as a testing course for drivers. Formula One fans know it for the notoriously tight turns and emphasis on fast reaction times. The rally is no different. This early in the year, it's not uncommon to find snow and rain in some areas. However, drivers can't rely solely on wet tires thanks to several miles of dry tarmac as well. Not surprisingly, winners of the Monte Carlo rally have earned themselves and their teams plenty of publicity over the years. Sticking with tradition, the 2012 rally will begin in Valence with special stages in Ardeche, Haute Loire and the Vercors mountains. In all, more than 430 km of special stages have been planned with some 1,300 km of link roads.



THE 2012 WORLD RALLY CHAMPIONSHIP
SEASON BEGINS WITH THE RALLYE MONTE
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TENNIS

Grand Slam Season

The 2012 tennis Majors' calendar kicks off, as always, with the Australian Open. This year, Novak Djokovic returns to defend his crown. After a successful 2011, which saw him become World Number One for the first time, he definitely has his work cut out in the new year. His chief rivals - Federer, Nadal and Murray - are close on his heels. Women's champion Kim Clijsters is not at the top of her game at the moment, but fans will no doubt look forward to seeing her return to the hardcourt. 2012's Australian Open takes place from 16-23 January in Melbourne.





Not Your Usual Bike Race

Never heard of cyclo-cross? Don't worry. The sport's following is limited largely to Europe's major cycling nations - The Netherlands, Belgium & France. Think of it as a cross between BMX-biking and trail running. A typical course is between 2.5 and 3.5 kms long and sees cyclo-cross athletes racing over sand, grass, slush and tarmac. Some parts - "legkillers" - are so steep riders have to dismount and run with their bikes uphill. The average race lasts 30 agonising minutes. The course for the 2012 championships has two dunes, the Herygers dune named after the 1994 winner Paul Herygers and the Dune X, which will be named after the 2012 winner. The event takes place in Koksijde, Belgium on January 28 and 29.

After a successful inaugural Youth Olympics in 2010, the IOC will now hold the first Winter Youth Olympics from January 13-22. Innsbruck in Austria will host 1,100 teenage athletes from 60 countries. There are 63 events including alpine skiing, bobsledding, ice hockey and snow boarding. With this, Innsbruck becomes the first city to host three Olympic events, having previously played host to the 1964 and 1976 winter games.



THE YOUTH OLYMPICS FEATURES ATHLETES WHO ARE BETWEEN 14 AND 18 YEARS OLD. THE FIRST-EVER SUMMER YOUTH GAMES WAS HELD IN SINGAPORE, WHERE INDIA WON 8 MEDALS

SPEED SKATING

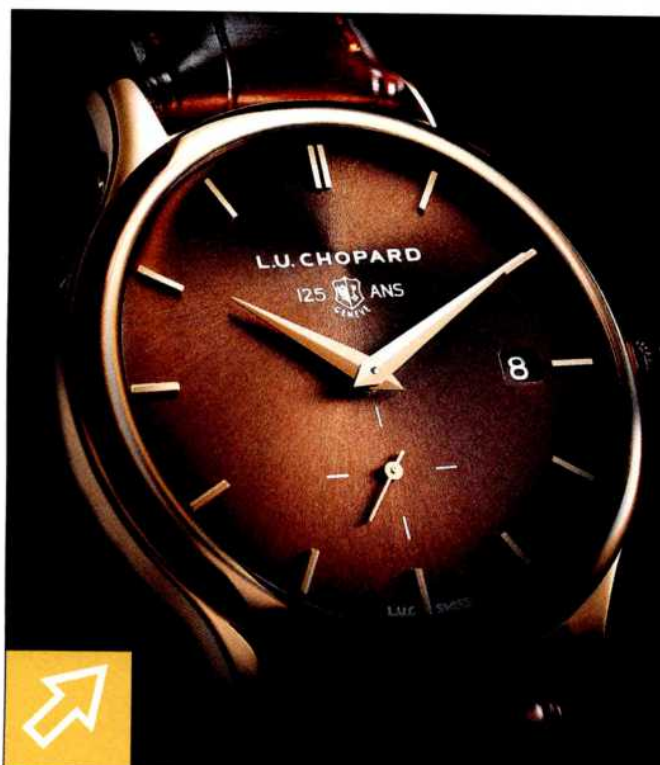
Ice Demons

Imagine racing across half a kilometre in just 34 seconds. That's speed skating for you. The Jamaican sprinting sensation and current 100m record holder Usain Bolt would have to run nearly twice his fastest-ever pace to keep up. Speed skating races are held over 500 m, 1 km, 1.5 km, 3 km, 5 km and 10 km distances. At the highest level, average speeds in a 500 m race can easily cross 50 km/hr. Top speeds however, can go up to as high as 60 km/hr along the straights. All that separates the racers from an injury is a streamlined helmet and a thin bodysuit. Both are designed more to cut down on wind resistance than offer any serious protection in case of a fall. Even the skates are virtually unforgiving. At just 1 mm thick, even the slightest shift in balance could dramatically cut down on speed, or worse. The 2012 World Speed Skating Championships are being hosted by Calgary, in Alberta, Canada. They will take place between January 28 and 29.



Track & Wield

CHECK THE DESIRABILITY QUOTIENT



Chopard's special edition L.U.C XPS
Celebrating the 125th anniversary of the 'Poinçon de Genève' quality hallmark, Chopard has unveiled a limited edition of its L.U.C XPS model equipped with a date window. This ultra-thin watch meets all the 'Poinçon de Genève' criteria, which the company is proud to perpetuate as part of its signature watchmaking tradition. The model is powered with the in-house L.U.C Calibre 96.01-L movement which is a self-winding one. All of this fits into an ultra-thin case, which also packs in a 65-hour power reserve. Set in 18-carat rose gold, the timepiece has gold-toned hands which offset its chocolate-brown, sunburst, satin-brushed dial. Just under the logo is a sign indicating it is the 125th anniversary edition. **Price on request**

Wahl's Ambassador Grooming Products

Wahl, a well-known name in men's grooming products, has finally made its foray into the Indian market. It has long been a pioneer in the field with products such as the vacuum clipper, which allowed for a haircut without the cape. Its latest is the Pro-lithium clipper which boasts of a quick recharge and long battery life, making it the perfect companion for travelers.

Price: ₹6,500



Callaway's Razr X Black Driver

A level up from its predecessor, the Razr, this driver is set in titanium, a lighter metal which promises to add the advantage of stability and consistency to your swing. Callaway also says the design optimises the center of gravity, reducing drag and increasing speed. **Price: ₹17,990**



LG's Cinema 3D Projector

The impact of 3D isn't half as overwhelming on a television screen, which is why people prefer to watch this format in cinemas. This is where LG's 3D Cinema Projector steps in. It is powered to throw a 200-inch full HD image, which supports 2D and 3D content. It's 1,250 lumen lamps make it six times brighter than other premium projectors and the Film Patterned Retarder technology makes it compatible with polarised 3D glasses, more comfortable and way cheaper than the shutter-bug ones. An animated spin on home entertainment, we say. Price: ₹8 lakh



Herman Miller's Eames Lounge Chair and Ottoman

When this was introduced in stores across New York and Chicago, the set was the first of its kind. Owing to the comfort it affords, it retains its exclusivity. Available in different varieties of high-quality leather and two wood finishes, giving it a warm earthy look, the set is perfect for airy indoors. An exercise in exclusivity, this is hand assembled with individually upholstered and replaceable cushions. Should you feel guilty about lazing around on it all day, you should be aware of its eco-friendly merits; namely, it uses between 24 per cent and 29 per cent recyclable materials. Price: ₹4.15 lakh



New Artisan Spirit's Roxor Gin

The recipe for this gin by James Beard-award winning chef Robert del Grande, calls for 12 botanicals. The beautiful bottle by Pavisa is a hat-tip to America's great skylines. Currently sold in limited quantities in the US, nationwide sales begin later this year. Price: \$34.99 per bottle

DSquared2's Potion

This strong fragrance is crafted by blending mint leaves, peppercorns, cinnamon, cashmere wood, rose petals and a dash of musk. It comes in an old-school bottle with grooves cut along the sides and features a black lacquer 'millerighe' zama cap.

Price: ₹4,700 for 100 ml



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MANUAL

DO-IT-YOURSELF GUIDE

Going the Distance

RANJINI MANIYAN, CEO of Global Adjustments, guides expats on adapting to work in Indian offices.

Attitudes toward business and management undergo big changes as you travel across cultures. Here's how expats working in India can bridge the divide and make working in an unfamiliar environment a breeze.

Reset your Watch

In India, our days are longer and we don't feel the same sense of urgency about keeping strictly to schedule. You will save yourself, and your team, a lot of stress by setting minor milestones before the ultimate deadline and keep checking up regularly.

Expect the Unexpected

As an employee, giving bad news is considered bad form, so Indians try to avoid it. For instance, despite being aware of their unavailability on crucial days, they won't inform you till very late in the day. Keep the lines of communication open by using phrases like 'feel free to tell me' and 'will this not work out?'

Don't go by First Impressions

In India, the external isn't as important as the internal. The shirt may not be tucked in and the cuffs may not be buttoned down, but the performance might just be brilliant. Even though you can encourage grooming, don't judge those who aren't all about it.

Steer Clear of the Jalebi Syndrome

Just as the Indian dessert *jalebi* twirls in hot oil forming concentric circles till it reaches a point, Indians tend to go round in circles before getting to the point. This is particularly true when asked a question.



Encourage your team to be focussed and specify that you need to know the exact deal. Repeating the question or raising your voice will be viewed as a downright insult. There's no harm in encouraging a sense of directness without being rude.

Be Prepared to Negotiate

From vegetable prices to salaries, negotiation is a national pastime in India. This is true in business as well. Be prepared for the non accounted 'give and take' that accompanies deals and even day-to-day work in

Indian companies.

Re-draw the Lines

Going by western standards, Indians might appear as standing too close for comfort. For instance, they might complete a sentence you begin. This is not done to invade physical and mental space, but just as informal closure. Expect this to happen and gently adapt. When someone interrupts your sentence, freeze and be patient. *(The writer has recently authored the book 'Upworldly Mobile' on the same subject)*



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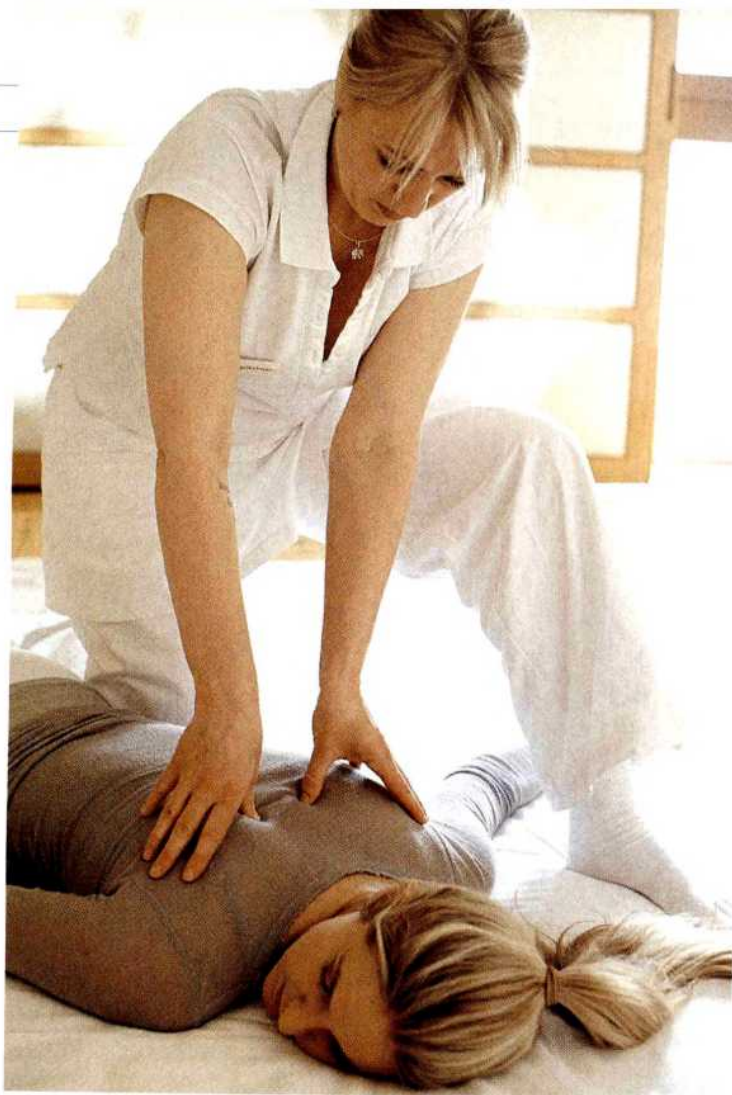


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MASSAGE ON THE ORIENT EXPRESS

Winningla Shimray of the Quan Spa at the Pune Marriott Hotel and Convention Centre, gives tips on administering a shiatsu massage at home.

What is it The word shiatsu originates from the Japanese words 'shia' meaning finger and 'tsu' meaning pressure.

Before you begin It is important to identify the body's 12 meridian points, a massage around which not only relieves muscle knots but also eases and stimulates organs. To find these download an acupuncture chart from acupresure.com and understand the average positioning of these points. Then rotate your thumb or fingers around these points to the find tender areas.

Technique The patient must lie on his or her stomach either on the ground or on a hard mattress. The massage should ideally begin at the neck and shoulders, because this is where the biggest muscle knots are. Slowly move to the forearms and then on to the back. The back muscles tend to be both tight and loose. Use elbows to exert greater pressure on softer points and a gentle press of the palms on stiffer sections. Depending on the requirement, you can work from 5-15 minutes on a single area.

Quick Tips The breathing should be slow and in harmony to the strokes of the massage. Also, even though shiatsu is traditionally a dry massage, you can use heated herbal oils to enhance the effect.

SAVE THE SUEDE

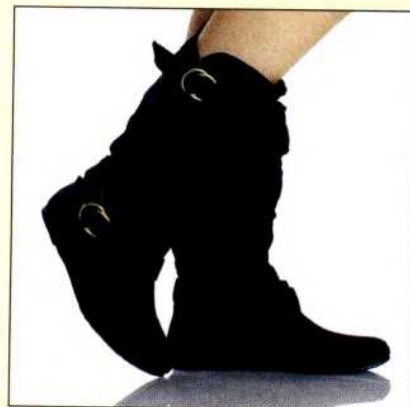
With its velvety soft and smooth feel, suede is a winter favourite. But on stain on this pliable and soft fabric can turn it into a stubborn beast, forcing an expensive trip to the cleaners each season. Here are some tips on cleaning suede.

Rubbing Begin by gently brushing a dry towel or a suede brush against the fabric in vertical strokes. This brings back a marginal amount of its nap. Now, take a square-shaped brown art gum eraser and rub it delicately on the stains. This removes stains and hidden dirt in the material. Follow this by repeating the first step.

Brushing In case your suede is dry and crusty, typically in pants and accessories like boots, heels and hats, rub a soft old toothbrush or nailbrush over it in quick light motions.

Quick Fixtures To keep the stain from setting in, sprinkle cornstarch onto the stain immediately and let it sit for about an hour. You can also brush it with a cloth dipped in white vinegar. These materials soak up all excess oil and salad dressing.

Rule of Thumb If you've gotten the suede soaked, wait till it dries down. Rubbing, or even touching, wet suede can cause smudges and tears.





Antonio Bernini

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CAFFEINE CLINKS

Rohit Sharma, head mixologist at Le Meridien, New Delhi, spills the beans on coffee cocktails. Sweet one moment and bitter the next, here are some excellent recipes for the winter:

Ingredients

1. Traditional Irish Coffee

Irish Whiskey 60 ml

Espresso 60 ml

2. Mexican Magique

Tequila 45ml (preferably 100% agave)

Espresso 60ml

Kahlua 15ml

3. Calypso Cocktail

Dark Rum 45ml(preferably aged rum)

Espresso 60ml

Tia Maria 15ml

Procedure

1. Coffee cocktails are best had warm so allow a piping-hot espresso to cool slightly before working with it.
2. Mix a bar spoon of superfine white sugar. Stir well.
3. Add the liqueurs in fine strains
4. Top with whipped cream or fresh cream and serve in wine glass caramelised on the rims.

Quick Tip If too sour, add some vanilla beans for sweetness.

THE ART OF TABLE TALK

Mumbai based etiquette expert Shital Kakker Mehra speaks out on the unspoken norms and protocols of table talk during business gatherings. **The First Word** Small talk is an excellent ice breaker and helps ease the initial awkward moments. To make impromptu conversation, one must be updated on current affairs, books and movies, new technology and travel. Since most people love to talk about themselves, directing the conversation towards others' background and choices will keep the conversation going without you having to do much. For this, you must do your research on the people attending the event. It is equally important to involve everyone on the table, especially by prompting the quieter ones to speak.

Perfect Timing Since business meals are at the crossroads of work and leisure, it may be rude to bring in work randomly. At a breakfast meeting, keep to small



talk till everyone is served their drink and at a power lunch, wait for everyone to be served a drink and an appetiser. For dinners, keep business out till the appetisers are served. **Quick Tip** Avoid sensitive subjects, like religion and politics, which may arouse radical opinions. These may trigger needless unpleasanties and damage important associations.

BASICS OF STAINED GLASS ART

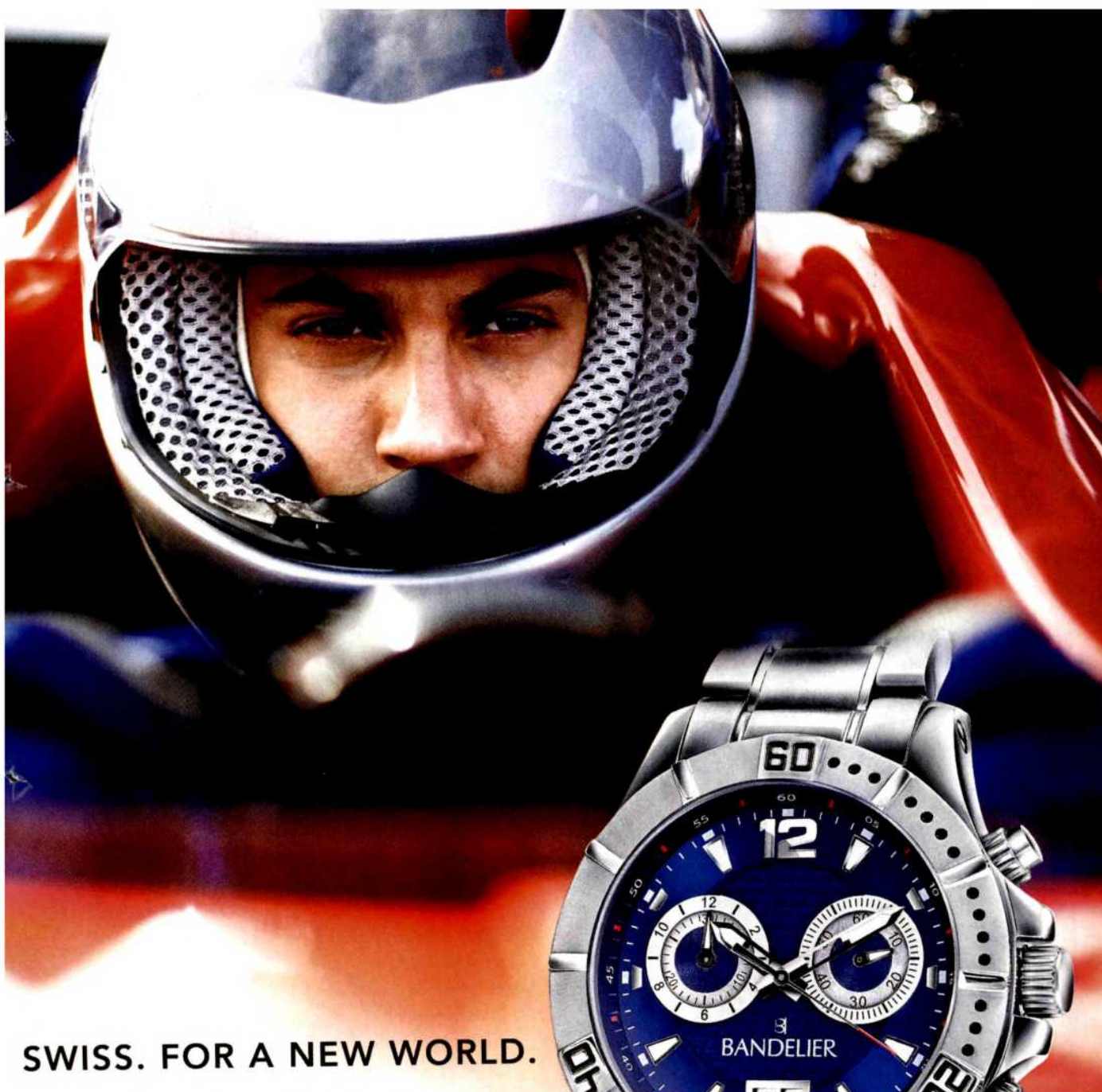


The artistic charm of bright light passing through church windows is the first thing that comes to mind when one imagines the medieval churches of Europe and their stained glass marvels.

Cutting Use a stained glass cutter which consists of a tiny wheel made of carbide, and an outlet of oil for lubrication.

Colour Instead of painting, dip the pieces into solvent glass colours

Joining Place a copper foil (which is copper on one side and adhesive on the other) on the edges of the glasses and join them together.



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SOCIAL MORES

NICE-TO-KNOWS

Forgotten Days Of Glory

Taking Manhattan's NoMad district from derelict to cool and spunky, a new 600-room hotel is all set to become the crowning glory of the area.

Developer Jon Lam has set his sights on Manhattan's NoMad district lying north of Madison Square Park. His plans for the hotel include a 30-40 storey high rise building which will house 600 guestrooms and a retail space on the ground floor. Although it has not yet been decided which firm will run the hotel, the grapevine reports that Lam intends to

limit the tariff to an affordable amount to complement the casual vibe of the rooms. This latest development is in keeping with the recent restoration program making the rounds in the area, which has encouraged spunky new eating joints and boutique hotels to enter into this space. In the 1800s, the NoMad district was home to some of New York's most historic hotels—



the Fifth Avenue Hotel was the first to offer private elevators and baths. But as the years wore on and newer parts of the city emerged, NoMad dwindled in its standing. It wasn't until 2009 that Ace Hotels opened a boutique hotel, followed by a Gansevoort Park resort, that its reputation began to climb back up. Here's to continued initiative restoring the area to days of forgotten glory.

Marriot for Haiti

Around mid-2014, the Marriot chain of hotels will open their very first property in Haiti. Not only will this mark the chain's first foray in the region, it will also be the largest and very first international property on the island. Haiti currently offers just 500 rooms for tourists and visitors. The opening of the Port-au-Prince Marriott Hotel will increase capacity by around 173 rooms. Located in the Haute Turgau area of the city, the hotel will employ locals trained by staff at the Marriott's South Florida hotels. Haiti lost nearly half of its hospitality offerings in the 2010 earthquake. The new Marriott hotel will go a long way in helping the country rebuild itself.

According to the newest edition of the gastronomical guide, Tokyo has overtaken Paris as the world's food capital. Japan tops France with Michelin star ratings, with 32 establishments receiving three Michelin stars against 25 in the guide's home country. Two of the awardees have even won for their top-notch French cuisine.

**WORLD
FOOD
CAPITAL**

The BT More Playlist

NEW RELEASES



Band of Skulls, Sweet Sour A follow-up to their debut album Baby Darling Doll Face Honey, this release is highly anticipated by the band's fans.



Cranberries, Roses After resting their talents for the past ten years, the hit band returns older, wiser and sweeter than before. Gear up for a fresh sound.

B.O.B., E.P.I.C.

Condensing the phrase 'Every Play Is Crucial' for the album's title, The dominant theme of Bobby Ray's album is his ostentatious attitude. Expect a heavy dose of spunk from it.

White Collar Con

Fans of the Pierce Brosnan movie *The Thomas Crown Affair*, can now live out their celluloid fantasy in real life. In a quirky campaign thought up by Australia's Art Series Hotels, guests staying at its properties have been challenged to pull off an art heist. The chain has acquired signed and authenticated prints of 'No Ball Games' a piece of art by the elusive British artist Banksy. These will be circulating through Art Series' three Melbourne hotels—The Olsen, The Cullen and The Blackman. If you're up to playing the game, here's how it works. Any one who successfully steals the Banksy print worth \$14,900 can keep it. Those caught in the act will have to return it to be hung back on the wall. Banksy, has been praised for his genius sketches and famous works of art that sometimes appear as graffiti on public walls. The promotion by Art Series Hotels puts an ironic spin on the artist's personal statement, while generating an element of fun and intrigue to attract guests. Forget pocketing hotel freebies and make your way towards the big bucks; this hotel is all about fun and games, even if it means you're stealing from them.



Amelie Sande, Our Version of Events

After *Heaven* did its magic, her debut album has the winning formula of thoughtful lyrics and a wistful sound.



Goldfrapp, The Singles The new album packs in Goldfrapp's popular electro-synth tracks with new numbers including *Yellow Halo*.



6 Things to do this month

KALA GHODA FESTIVAL Organized by the Kala Ghoda Association since '99, this festival is one of the country's most iconic cultural events. Celebrating dance, music, theater, fine art and photography, it packs in lectures, seminars and workshops. This year it will be held in Mumbai from February 4 to 12.

Website KalaGhodaAssociation.com



SNOW PATROL CONCERT UK After releasing their new single *Called Out In the Dark* late last year, the northern Irish alternative rockstars will be touring the United Kingdom and playing to cheering audiences at several venues between January 27 and February 12.

They culminate their tour with a third night at London's famous O2 Arena. Log on to the website below for tour dates, venues and tickets.

Website SnowPatrol.com



NEW YORK FASHION WEEK Kickstarting the global fashion calendar for 2012, the New York Fashion Week will be held between February 9 and 16. The largest and most attended fashion event of the year, it will be closely followed by the Milan, London and Paris fashion weeks. Get ready to hit the Big Apple for a fresh scoop on style.

Website NewYorkFashionWeek.com

KHAJURAHO DANCE FESTIVAL Held from February 1 to 7, against the enchanting backdrop of the magnificently-lit temples of Khajuraho in Madhya Pradesh, this festival promotes various Indian classical dance styles such as Bharathanatyam, Kathak, Odissi, Manipuri and Kathakali.

Website TheColorsOfIndia.com



VENICE CARNIVAL Originating in the early 14th century, the Venice Carnival has now become one of the most well-known festivals in the world. Lasting up to ten days, it will be held this time from February 11 to 21. The carnival is a flamboyant mix of events right from the vibrant parade and friendly atmosphere to music, dance as well as parties in true Venetian style.

Website Venice-Carnival-Italy.com

SOUTH BEACH FOOD AND WINE FESTIVAL The 11th edition of the Food Network's beachside culinary extravaganza will be held from February 23 to 26 on Miami Beach. This event highlights the latest trends in the wine and food industry.

Website Sobefest.com





Auto Elevate

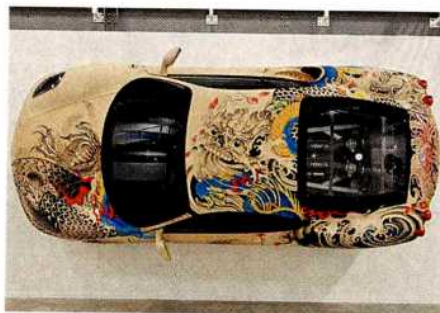
Merging the excellence of high-end real estate with automobiles, Porsche Design Studio, has recently collaborated with Dezer Properties to execute a 57-storey-high ultra-luxury tower in Sunny Isles Beach, Florida. Apart from other luxuries included in the tower, apartment owners in the building will be able to drive their luxury vehicles into an exclusive sky lift which will transport them directly up to the respective floors of their apartments. Housing three unique drive-in lifts employing sensors and controls, skip the tedious parking routine and drive right up to your doorstep.

Millionaire Capital

Holding on to its position as the most expensive zip code in America, Fisher Island in Miami, Florida, has come in at first place yet again by a huge margin. The survey looked only at communities where annual earnings topped \$200,000. Fisher Island's residents averaged a whopping \$57.2 million in net worth. Incidentally, this isn't the only region in Florida with a spot in the top-ten list. Keeping up the state's affluent reputation, Palm Beach came in fourth with an average high-end income of \$23.3 million, while Boca Raton holds the seventh spot with \$21.2 million. Interestingly, the island has recently been subject to a high degree of drama, with a battle for control including bizarre stories of assassinations. Good things certainly come at a price.



Ferrari Tattoo



You'd imagine that a Ferrari F430 would innately house all the art and creativity possible in its superior engine, body and interiors. But parcelling the immaculate finesse and precision of the

iconic carmaker, French artist Phillipe Pasqua has merged man and machine to create a mural that resembles a tattoo on human flesh. The body of the car serves as the canvas by wrapping the metal surface with skin-coloured cowhide in a wrinkle-free manner. The artwork covering the hide is a cocktail of Japanese sea and serpent motifs with added elements of the artist's signature skull creations. It has been inked on in a precise manner down to the tiniest detailing. The finished product is an awe-inspiring marvel for both artists and car enthusiasts.

» Sounds Like You Know About BLACK HOLES

According to Einstein's theory of general relativity, a black hole is a place where the gravity well is so great not even light particles can escape. This causes time to stop, creating an event horizon into which objects can fall or be pulled, but those objects will never reappear.

1. There is no limit to how small or large a black hole can be. The size and mass of a black hole are directly related.

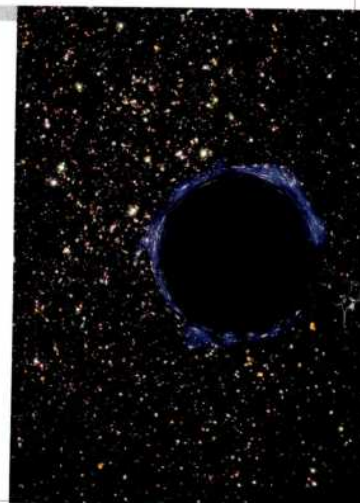
The more massive a black hole is, the more space it takes up.

2. A black hole cannot be viewed directly. However, the matter swirling around a black hole, usually gas and dust, heats up and emits radiation. Scientists use telescopes to detect this radiation.

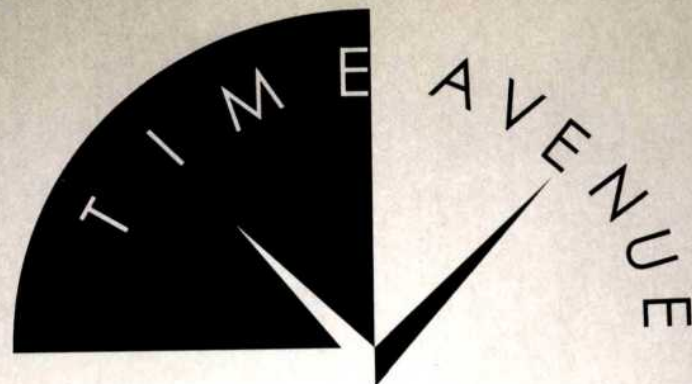
3. The centre of a black hole, is the point where the laws of physics break down.

4. The nearest black hole is 1,600 light years away. That is about 16 quadrillion kilometres away from Earth.

5. In his hypothesis, Steven Hawking proposed that black holes are not entirely black. They emit radiation. As the radiation is emitted, the black hole loses mass. The black hole emits more radiation the smaller it gets. In effect, a black hole evaporates more quickly as it shrinks.



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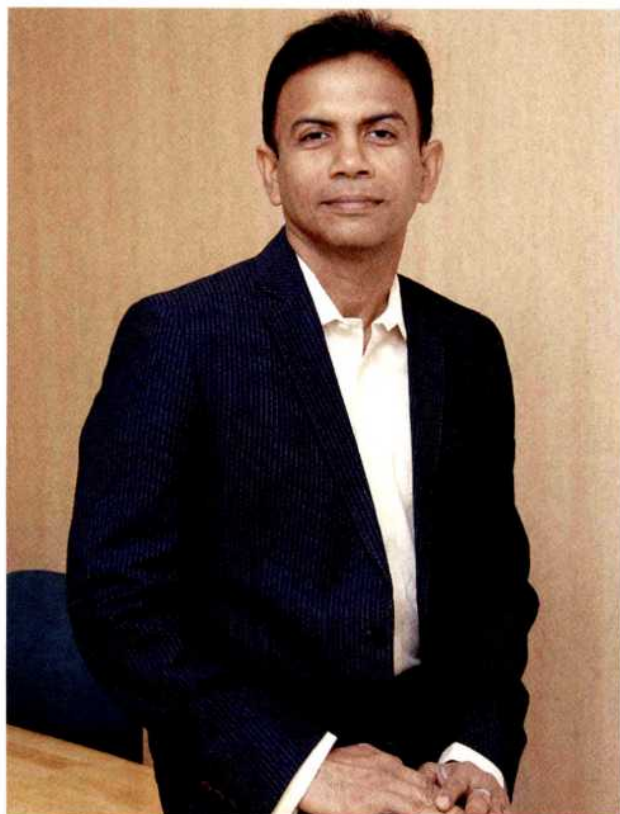
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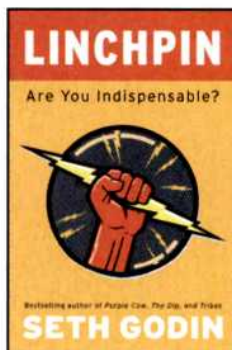
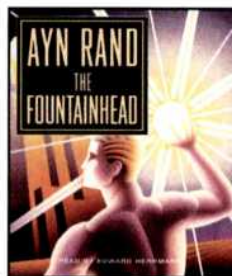
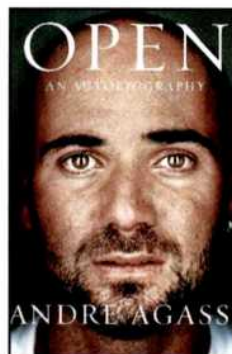
» **SANJAY TRIPATHY, EVP & HEAD MARKETING, HDFC LIFE** talks about the books that have made him what he is today



Open

by Andre Agassi

Arguably one of the greatest sports autobiographies ever written. *Open* reveals how Andre Agassi overcame huge physical and emotional trauma to achieve success. It is an inspiring story of personal growth and the struggle for self-awareness and is extremely insightful.



Fountainhead

by Ayn Rand

I identify with Howard Roark because, like him, I do not believe in bowing to conventions, and instead prefer to create my own path. The book has increased my faith in individualism and perseverance. What impressed me the most about it was that the author's philosophy and ideas are left to an open interpretation by the reader. The book helped me to connect with myself on a very deep level.

Linchpin

by Seth Godin

The concept behind Linchpin is to reveal to us the importance of taking ownership of our jobs and lives. It teaches us that we need to demonstrate the value we can offer by becoming indispensable. I liked it instantly as I could identify with this. At a time when everything can be outsourced, I believe in challenging myself. The only differentiators that set us apart are; commitment, passion, creativity, and making a personal connection with colleagues and customers.



CHARGING CARS

After introducing the pioneering Nissan Leaf, Japanese carmaker Nissan has announced plans for a higher-end all-electric car with an electric version of the Infiniti sedan in 2014. This will feature a major advancement in the form of wireless recharging. All you have to do is park your car over an inductive charging pad to recharge the batteries. Nissan says these pads can be installed anywhere from driveways to highway rest stops. Car owners only need to pull-up and park over the pad and let the electro-magnetic field do the work. No more worries about charging points and cable lengths. Electrifying thought, isn't it?

EAT-ALL-YOU-CAN

The United Kingdom's largest restaurant recently opened its gigantic doors in Bristol, to welcome 2,100 diners. The harbourside restaurant Za Za Bazaar, is spread across a spacious 30,000 sq ft area across two floors and serves up an expansive buffet featuring cuisines ranging from Chinese, Japanese and Indian to Italian and traditional English. Housed within, is a 'wet bar' that serves over 300 different drinks from five continents. Pile your plate.

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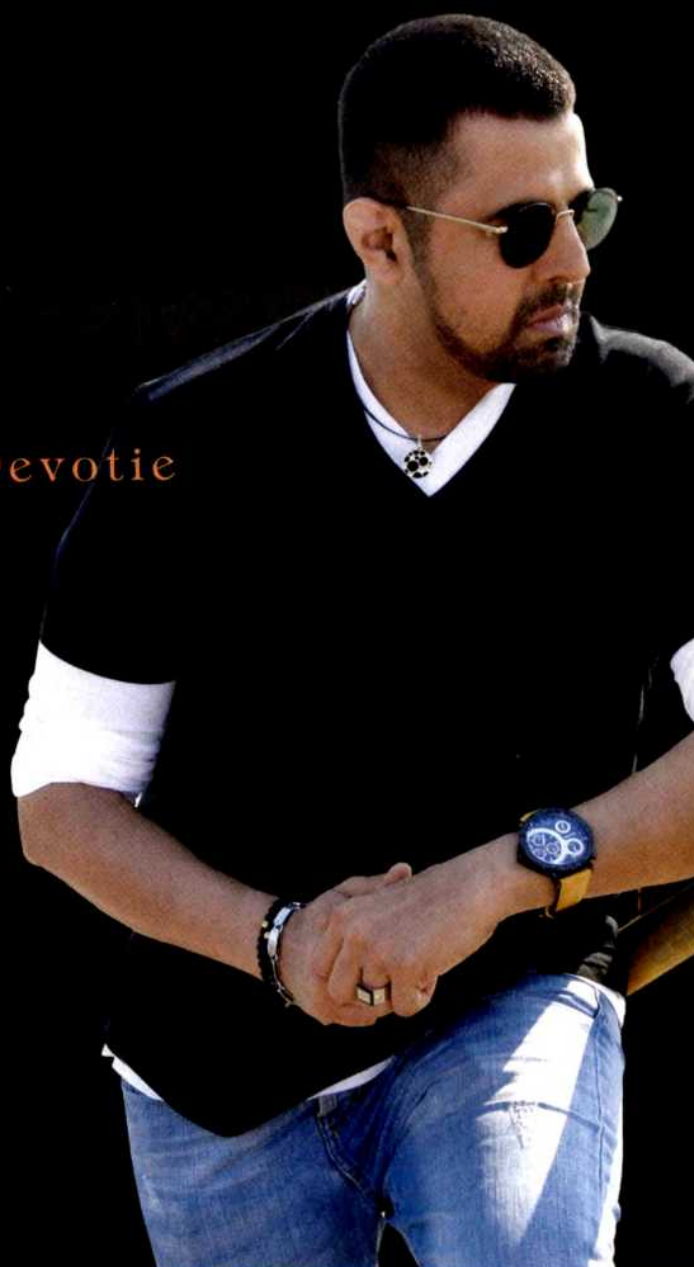


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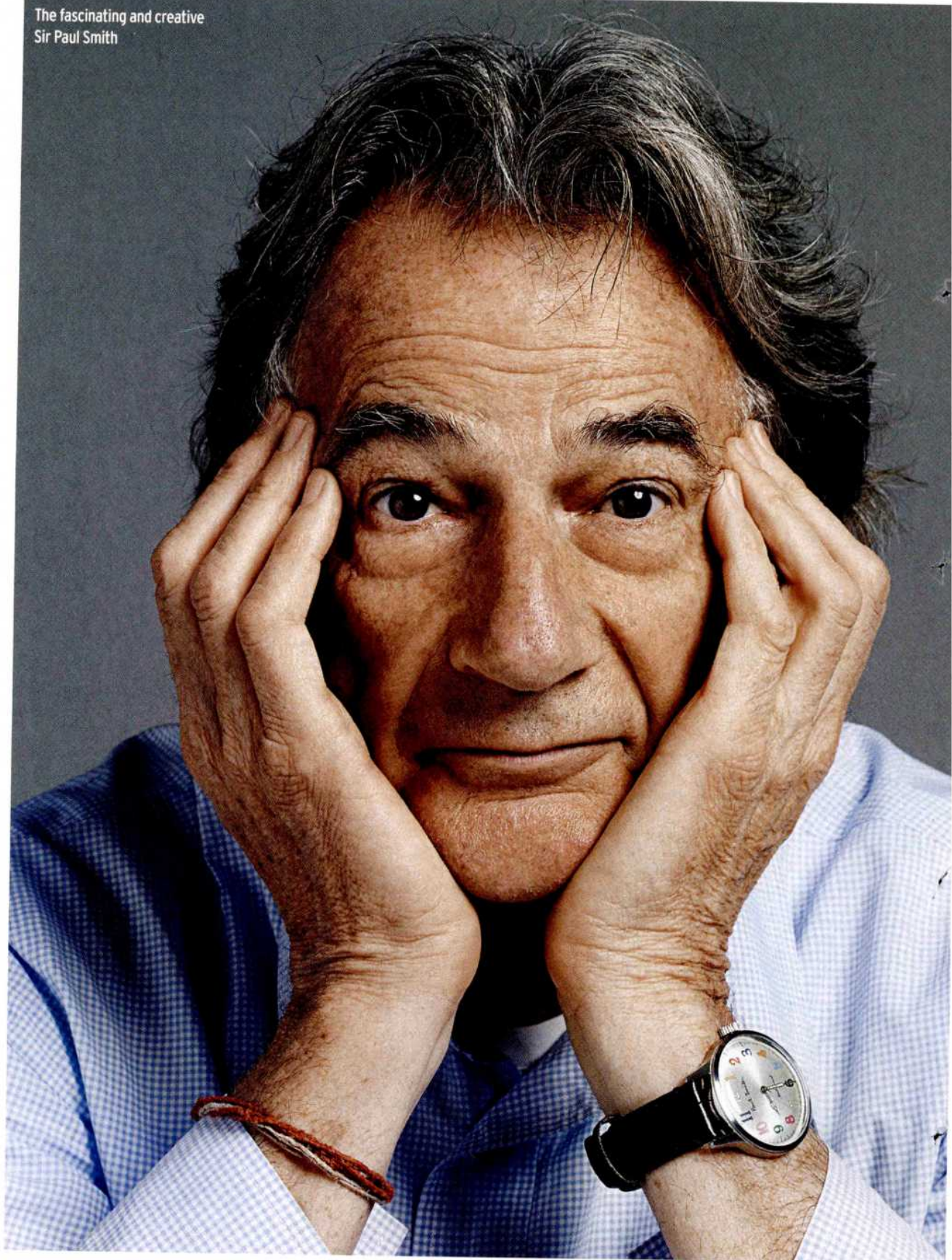


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The fascinating and creative
Sir Paul Smith



The Gentleman Designer

» The man who launched a million colourful striped shirts, Sir Paul Smith gets nostalgic about setting up shop in London in the 70s and about finally being cool with the multi-millionaire clothing impresario tag.

BY ANUSHREE BASU-BHALLA

For all the international adulation, rockstar aristocracy (Eric Clapton and David Bowie are pals,) and the eccentricity that comes with the ingenious, Sir Paul Smith is refreshingly simple. At 65, he is a ball of energy, bouncing off his office walls in Covent Garden, London; almost like a kid on a sugar rush. He is one of the most influential names in global fashion and a legend in Britain. He was conferred the Outstanding Achievement in Fashion Design honour at the annual British Fashion Awards last November. On receiving this his acceptance speech had the same non-fussy, humble light-heartedness that has come to define this gentleman and his creations. "The thing I'm most proud of is continuity; the fact that I've always done ok. I've never been number one or today's flavour. But I'm reliable, polite, and I deliver clothes on time that are well made at the right price," he says.

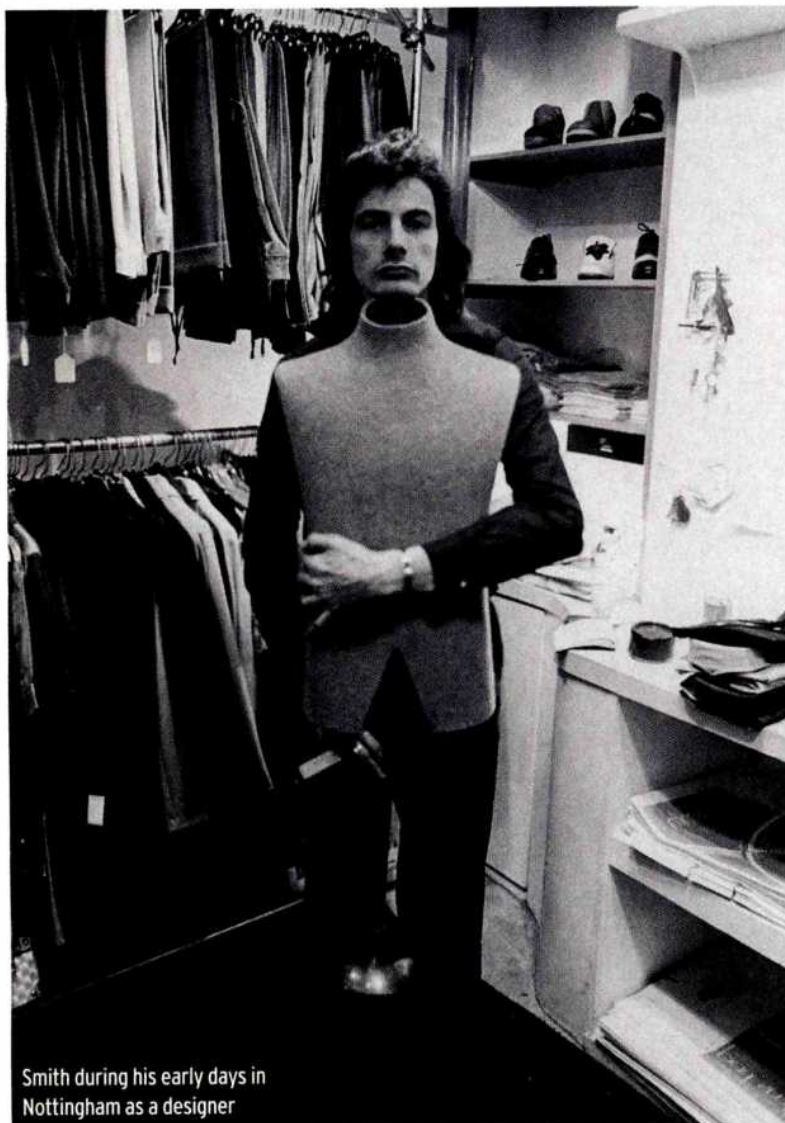
For a designer who is just 'ok' at his job, Smith has managed to run and expand his eponymous label, with a turnover of more than £300 million, rather well. His humility is

rare in the diva world of design. But then again, Smith's entry into the fashion world doesn't read like the stories of most designers. He didn't pore over fashion magazines or make clothes for dolls at the age of eight, while his classmates played football. His boyhood dream was to become a professional cyclist. Unfortunately a serious cycling accident shelved 17-year-old Smith's biking aspirations and directed his effervescent energies elsewhere.

It was in the following six months in hospital that his future as a designer started to take shape. "At that time I met a lot of interesting fellow patients, many of whom were part of creative industries and worked with graphic design, architecture or fashion. This world began to fascinate me and I found myself drawn towards it," he reminisces. Soon he found himself running errands for Harold Smith, his father, for the family-run clothing ware-

The fuchsia pink, minimalist shop exteriors of the Paul Smith store in LA





Smith during his early days in Nottingham as a designer



The unmistakably English interiors of the shop in Brook Street, London

house in Nottingham.

So just meeting some colourful strangers roused the desire to design in him? There's got to be more to it. A clap of thunder, a dash of inspiration, maybe? "Good ol' conversation is timeless. That inspires me," says he, as he continues, "I believe a conversation can spark off an idea and send you in a really exciting direction that you might not have considered before." There's an interesting life-lesson hidden in these words: The 'fellow patients' in the hospital later caught up again at a local pub that was popular with the students from the local art college. They talked about Mondrian, Warhol, Kokoshka, David Bailey and listened to the Rolling Stones, and Miles Davis. "It was then that I knew I wanted to be a part of this world of ideas and excitement," he says. The rest, as they say, is history written across four decades and 12 different lines—from womenswear, menswear, childrenswear, to watches, footwear, fragrance and eyewear.

"Moving from my hometown in Nottingham in the 1970s and opening my shop in Covent Garden, London was a big yet fulfilling move," he recalls, "Being important in a provincial city feels great but it stops being challenging after a point." And London in the 70s was alive with a newfound and glorious hedonism, revelling in technicolour, and rock and roll. The setting both helped and challenged Smith to bring out his creative genius in flying colours.

William Gibson, the American novelist and a fan of Smith's work, understands the seming artlessness of the Paul Smith design sensibility, "It is as though he possesses some inner equivalent of the Houndsditch Clothes Exchange—not a museum, but a vast, endlessly recombinant jumble sale in which all the artifacts of

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his nation and culture constantly engage in a mutual exchange of code," Gibbon once wrote. While the phrase 'classic with a twist' is far overused when talking fashion, Paul Smith's creations truly epitomise this ethos.

From the classic formal shirt reimagined in Smith's iconic, bright-coloured stripes, to the spotted jumpers in his PS collection and his take on colour-blocking in one of his latest runway offerings (*images above*), Smith's latest collection is very textural and quite muted with a few punches of brighter colours such as coral, mustard and red. This is paired with simple tailoring, layered with chambray shirting and chunky knits. The spring/summer 2012 'accessories' collection (think a slouchy canvas holdall with leather-trim detailing or a feathered straw fedora hat) have

a perennial appeal to them that are playful little touches to everyday wear. Smith constantly demonstrates a spark of eccentricity that updates the great British sartorial style.

His passion for individuality, yet a grounded sense of self also comes across in his 'shops'. He calls them that because he still feels "like the owner of my first shop in Nottingham (a 12 sq ft, windowless affair) rather than a fashion designer." But the locations are far and wide: Los Angeles, Tokyo, Hong Kong, Toronto, Dubai, London, Antwerp, New Delhi, Bangalore; each store different from the other. Apart from housing some very coveted threads these boutiques are also home to an extensive selection of jewellery, books, art, antiques and an array of interesting products. Interestingly, for an archetypal

British label, the majority of Smith's business comes from Asia, where the label enjoys a cult status. Japan itself has 200 Paul Smith shops. As for India, he is currently warming up to the country and its fashion sensibilities. "I'm positive about the future," he says. These shops reflect Smith's personal character and his design aesthetic; an unmistakable Englishness augmented by the unexpected.

Like any other public figure, some days are bad, others fabulous. There's a lot of travelling and making time for family. So how does he keep it together? He fondly credits it all to his wife, Lady Pauline Smith. "My wife has never allowed me to think that I am more important than I am and she has always pushed me to make the best of what I do." Behind every successful man, they say. ■

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RESTAURANT REVIEWS

The Neighbourhood Hero

» Although it is more bar than cafe, this warm and inviting eatery, located near a private beach close to Juhu, offers a warm setting and delicious food to kill a quiet day in Maximum City

BY ANAMIKA BUTALIA

A roof-to-floor glass wall dimly lit by a French-styled lamp post welcomes you to Silver Beach Café. It's situated on a quiet street parallel to Silver Beach, an exclusive stretch ahead of crowded Juhu beach. The warm theme continues with wooden flooring and seating on both levels of the restaurant. The best view is had from the leather couches that run along the glass wall.

The menu at Silver Beach Café is invigorating and comforting. It focuses

on Italian food with Turkish and Oriental inclusions. Classics like margherita pizza, minestrone, bruschetta and pastas sit alongside more evolved flavours such as the harissa marinated pan-seared Indian salmon, tempura shrimp, and grilled kasundi fish and aranchini.

The café has an extensive wine list; a mix of old and new world. The champagne list includes the revered Dom Perignon. Top-rated international

brews such as Hoegaarden, Stella, Leffe, Carona and Amstel are on the menu, as are various wine cocktails. Try the white wine sangria that come in either apple or watermelon varieties. These are extremely refreshing.

The English cheddar-stuffed fresh mushroom tempura appetiser satisfies deeply as molten cheese oozes out with every bite. The grilled kasundi fish and aranchini is genius. The fresh fish is cooked to perfection while the flavour



Silver Beach Café's warm interiors are a perfect antidote to a rainy Mumbai afternoon

is brought out by the mustard and arancini, a fried breadcrumb-coated rice ball. Of the exhaustive list of pizzas, the Italian pepperoni is both authentic and delicious and definitely recommended.

The harrisa marinated pan-seared Indian salmon goes down smoothly. It stands out thanks to the harrisa, a fiery combination of chilli sauces from North Africa. The fresh thyme and oregano grilled chicken is greatly uplifted with a little wasabi mash (ordered separately).

Round off with the café's specialty, a chocolate pizza. An all-day café like Silver Beach Café is enjoyed best with a book and the café's imported varieties of flavoured teas.

Silver Beach Café, Jaldarshan Building, near ISKCON temple complex, Gandhigram Road, (lane opposite Army Grounds), Juhu, Mumbai; Meal for two without liquor ₹2,100; Tel: (022) 26208930

Auma: Hit & Miss

» Auma's food may deserve its fine-dining tag, but the overall experience at the table needs a serious rethink

BY PIERRE MARIO FITTER

The danger with multi-cuisine restaurants is that they have no distinct identity and the food is half-baked. Auma, Delhi's latest fine-dining eatery, very narrowly avoids slipping into this category.

My meal began with a raw papaya salad. This is a favourite and Chef Bhagirath didn't disappoint. The papaya shreds had crunch and the sweet and spice balanced nicely. Then came a chicken liver pate. This dish was a knockout. The pate melted on the palate and blended beautifully with the berry compote that accompanied it. I would recommend it unreservedly.

The final two antipasti were forgettable. The caprese salad was fresh but lacked punch, while the chicken in the caesar salad was just too chewy.

For main course, I had a green Thai curry. Once again Chef Bhagirath favoured balance over boldness and produced a well-turned-out dish.

The dish of the day was the tiramisu. The cake layer was shaped like a cup and held the coffee mousse

within. This was topped with milk foam and had the overall effect of a stylised cappuccino. Full marks for creativity but I'd drop the virtually flavourless Bailey's ice cream on the side. There was also chocolate parfait, with caramel cream; tasty, but heavy.

Unfortunately, service was painfully slow. Dessert alone took 20 minutes. I'm told this was because the kitchen was understaffed that afternoon. They deserve the benefit of doubt there, but the disturbingly loud 80's pop music was unforgivable. Perhaps it masks sounds from the open kitchen, but it also forces both diners and waiters to raise their voices; a deal-breaker.

Would I return? For a fine-dining restaurant in Delhi's most expensive mall, service was below par. The menu had hits but also some misses. If Auma can sort out these teething problems, it may meet success.

AUMA, 1st Floor, DLF Emporio, Vasant Kunj, Delhi; Meal for two with drinks at ₹4,000 + taxes; Tel: (011) 43151251



Swank interiors & good food aren't enough



Outdoor dining in the patio section at Amour

Amour Needs More

» It starts strong but it then tends to taper off from there. Amour, a new Delhi eatery, oscillates heavily and ultimately feels incomplete

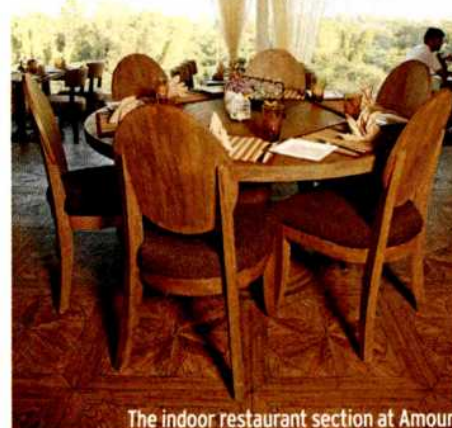
BY HITANI KAUR

Hauz Khas Village has a well-deserved reputation as Delhi's 'Eat Street'. That makes it hard for any new restaurant to succeed. Amour gives itself an important head start with spacious, beautifully-styled indoor and patio dining. This is quite unlike the hole-in-the-wall norm for its neighbourhood. Unfortunately, the service and food squander away that great first impression.

We began the evening with the parma ham and rocket pizza. Rather puzzlingly, this was listed on the menu as 'Yummy'; unusual for a fine dining establishment. The next course arrived well behind time, forcing us to eat additional slices of pizza purely out of hunger. Despite being recommended by the wait staff, the vegan sushi is skippable. However, the king prawns with Moroccan couscous were delicately spiced and are a sure-fire hit.

We were impressed to find Foie Gras paired with duck ballotine on the menu, and though it didn't hit the ball out of the park, it's worth a mention.

For mains, we settled on the tortelli stuffed with mushroom in a smoked shitake sauce. This, it turned out, was a super decision. The in-house tortelli was cooked just right, generously stuffed and complimented with a rich creamy sauce. For our second main course, we settled for a roasted French quail in mixed fruit vinaigrette. The quail emerged whole from the kitchen, cooked a deep brown to a juicy succulence. The accompanying vinaigrette was a tad bit too acidic for the dish, so we just skirted around the edges and stuck to the meat. For dessert, we picked the volcan chocolate to play it safe. But despite its simplicity, the flavour of the chocolate used in its making lacked the decadence one usu-



The indoor restaurant section at Amour

ally expects from a purely sinful dessert of this nature.

Amour is worth a visit for those who rank ambience over food. Its charm and aesthetics certainly hold appeal. The menu and service however, need serious fine-tuning to go the distance from average to excellent.

Meal for two: ₹2,500-₹3,500

Address: 30, Hauz Khas Village, Hauz Khas, Delhi. Tel: 9654126687

From Here to Eternity



» Crafted and calibrated to perfection, Ulysse Nardin continues to evolve the tradition and science of complication watchmaking.

BY R PALLAVI

Set in 18 carat rose gold, this limited edition watch titled Yuvraj celebrates the cricketer. It was launched in Mumbai at the end of 2011.

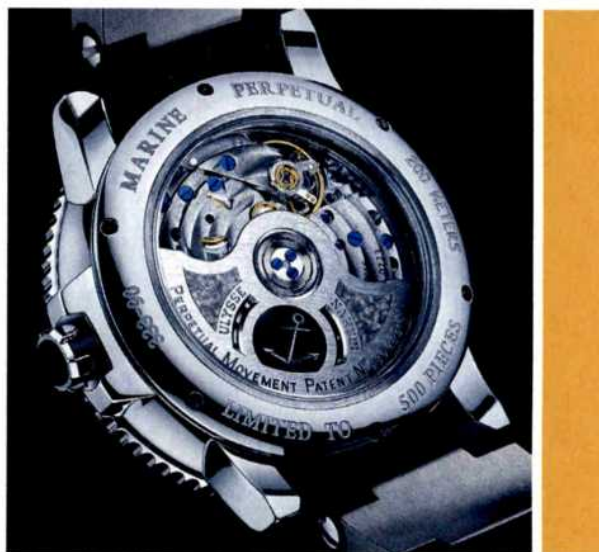
Switzerland will not forget the 70s. This was the decade of the 'digital revolution', which married attributes such as functionality, speed and affordability with wristwatches. The technologically-liberating wave posed a serious threat to the country's watchmaking industry. Swiss watchmakers revelled in the monopoly of their hand-made timepieces since the 16th century. Referred to as the 'Quartz Crisis', the 70s witnessed an overthrow of traditional artisan horology by machines. With Uncle Sam in the West and a rising sun in the Far East, Switzerland was buffeted by a digital whirlwind. In the mid 80s, a partial renaissance in the form of Swiss digital giant, Swatch, helped stabilise things with more than 2.5 million in sales worldwide.

The dormant industry was thrown into action and re-conquered the world on new principles. The Swiss fought futurism with heritage. They had a powerful weapon—hundreds of years of watchmaking expertise. So, age-old horological hubs nested around Geneva focused their energy on complications.

At the epicentre of this paradigm shift stood Ulysse Nardin, a brand celebrated for interpreting time in precious metal. Maker of Grande complications, UN was born in La Locle in 1846. In the pre-quartz days, it developed marine chronometers that assured sailors and military ships with high-accuracy readings. To establish its ascendancy in the dim watch scenario of the 70s, UN brought together entrepreneur Rolf Schnyder and anthropologist and scientist Ludwig Oechslin. The duo brought divergent perspectives to a common task. The brand, now akin to a Janus-faced giant, looked to the past for inspiration and to the future for technology.

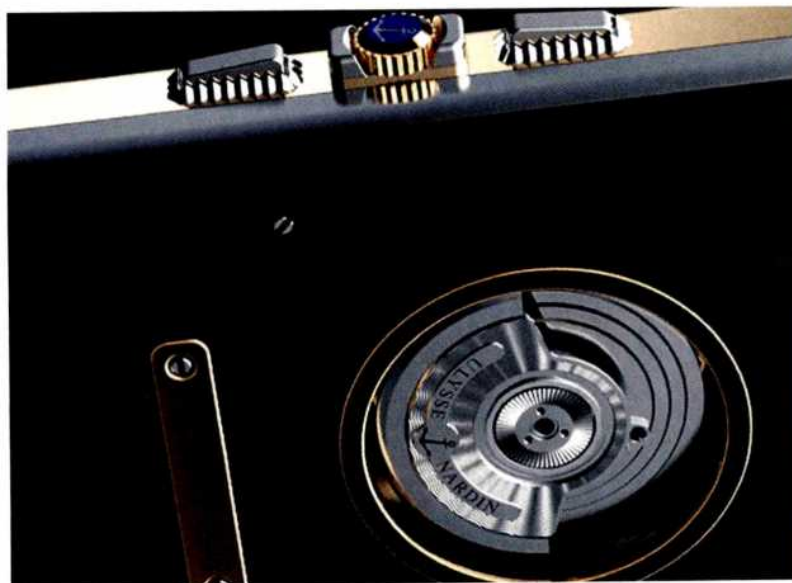
Together, they crafted complications and other simpler wrist pieces, each of which has stood the test of ingenuity and stood out for its artistic idiosyncrasy. At the outset, they installed an advanced ETA 2892 movement which acts as a powerful base for diverse movements from Minute Repeaters which chime differently to hours, quarters and minutes; to dual time chronographs which adjust to time zones instantly.

The most ambitious offering from UN has been the Trilogy of Time series which included the Astrolabium (1985), Planetarium (1988) and Tellurium (1992). Astronomy is essence, the Astrolabium would have been a boon to Galileo, the visionary it pays homage to. This self-winding mechanical watch showcas-



Top The astronomical complication Moonstruck. **Middle** The skeleton movement of the Marine Perpetual **Bottom** The Alexander the Great complication boasts a dramatic movement

Top Ulysse Nardin's Chairman is the world's first luxury hybrid smartphone
Below The Jungle Minute Repeater's enamel dial is an interplay of wild animals



es the position of the sun, moon and stars as seen from earth. The Planetarium is a fitting tribute to the Polish astronomer Copernicus who first proposed the centrality of the sun in our corner of the galaxy. As the name suggests, the watch displays the position of the planets as they move around the sun. The Tellerium draws on Johannes Kepler's theory of planetary motion and is calibrated to indicate a geographic description of the earth from the North Pole. The new millennium saw complications around heroic figures.

Both Genghis Khan (2001) and Alexander the Great (2011) are minute repeaters which feature engravings of scenes from the lives of these historic figures. The carvings are synchronised to the sounds of gongs, moving to minutes, quarters and hours.

It's 2012, and the company is now spearheaded by Patrick Hoffman who slipped into the shoes of Rolf Schnyder's as CEO last year. UN's new strategy is to market its products by hiring local brand ambassadors and by adopting avant-garde technology like

the Calibre 118 self-winding movement set in diamond and silicon.

In a world which shops online and knows luxury, more people turn connoisseurs everyday. This has driven the brand's global launches, and after South East Asia and Middle East Ulysse Nardin has its eyes on India. In its first ever Indian launch in Mumbai last December, Hoffman notes 'the function of a watch has gone beyond its function of time and craftsmanship gets its due.'

To establish a connect with the Indian audience, Yuvraj Singh has been selected as the company representative and launched a limited edition timepiece named after him. Encased in 18-carat rose gold, the brown dial is played out by large Roman numerals and three dimensional chiselled hands. The 43mm case of the duetime Minute Repeater is individually numbered.

When asked about the choice of Yuvraj as the Indian brand ambassador, Hoffman pointed to tradition and said 'Watchmaking is an essential part of Switzerland's culture and cricket is its equivalent in India. Since Yuvraj is a modern day cricket legend, we didn't look beyond him'. An Indian face increases the marketability and draws more buyers. For instance, Chandigarh based entrepreneur Karan Gilhotra noted 'I bought the watch not just because I understand complications and the heritage of the brand, but also because Yuvraj is our local hero and we can relate to him'.

Ulysse Nardin has mastered the art of making abstractly precise. It is now faced with the challenge of retaining exclusivity in a fast expanding and evolving world of haute horology.

With its ability for Phoenix-like reinvention, there's little doubt how it'll fare. ■



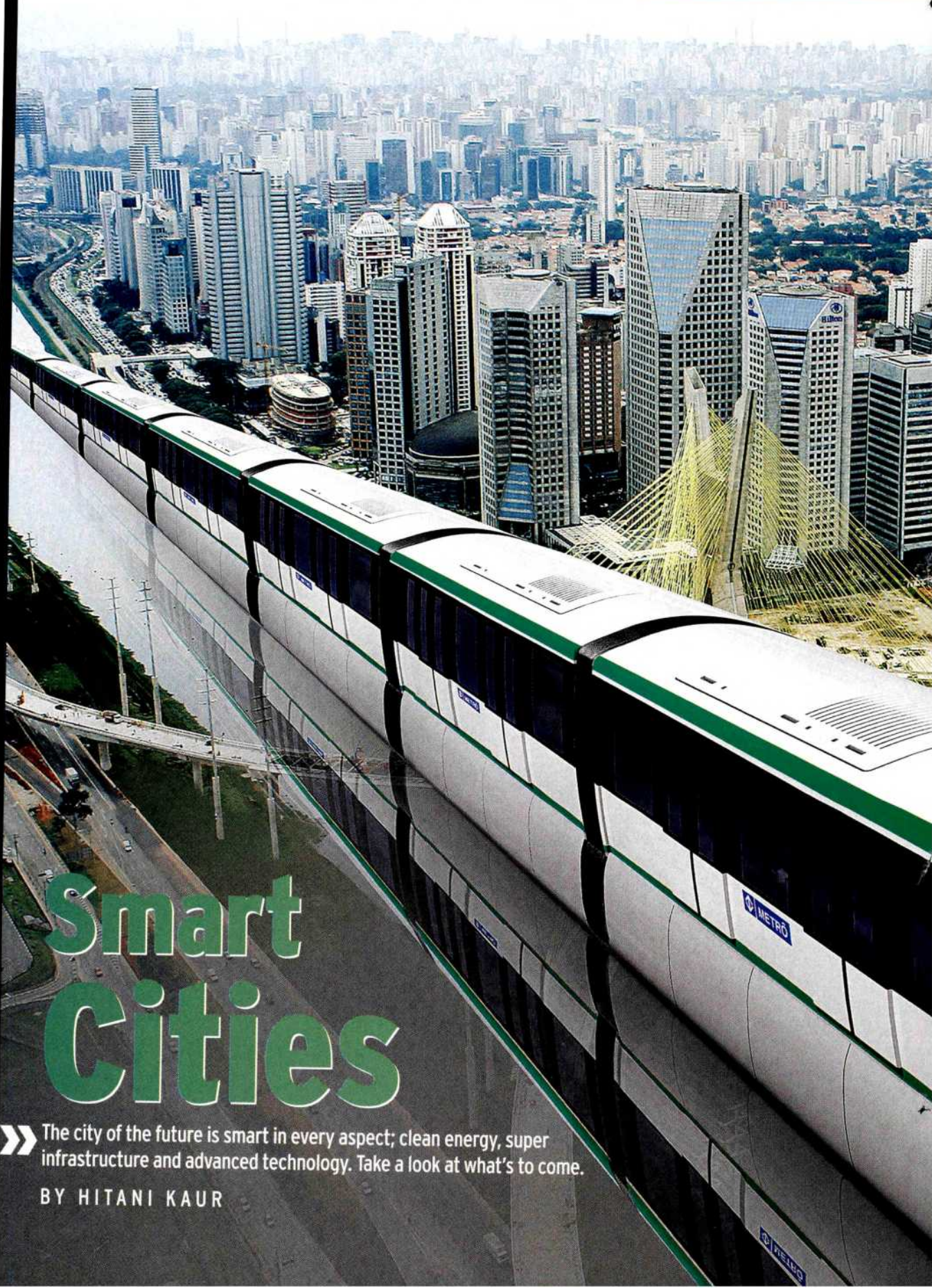
BATCH 1

ACHIEVER NUMBER

0023

OF 1300 SELECT

BT More technology



Smart Cities

» The city of the future is smart in every aspect; clean energy, super infrastructure and advanced technology. Take a look at what's to come.

BY HITANI KAUR

Efficient and innovative forms of transport will define future smart cities



In November 2011, the global population crossed the seven billion mark. With more than half this number living in cities, progression dictates that the next natural step will be to manage and benefit from this growing density of people. Forging a bridge from the present into the future, the concept of 'smart cities' has become the need of the hour; cities where information, infrastructure, communication, technology and environmental sustainability merge to provide a solution. The biggest global players in this field—IBM, Cisco and Siemens are in the process of developing green sustainable projects globally.

ABI Research's *Smart Cities Research Service* predicts that the industry is expected to grow to \$39 billion by 2016, and indicates that smart city technologies have become an almost essential investment for developed nations around the globe. ABI Research practice director Larry Fisher says, "Certain technologies are in use in most Smart City projects and programmes. These include communication-based technologies, such as broadband, Wi-Fi, and Radio Frequency Identification, while others target improved energy efficiency through the incorporation of smart metres and the smart grid."

If you thought the futuristic world depicted in science fiction films was an overactive imagination at work, think again, because in half a century that's what our urban centres might look like. Future cities will follow a design and function where residents will have more power than they have had at any point in history, with technology deployed to better infrastructure, transportation, government services, and clean energy.

While load shedding and power cuts are common in our developing cities, their frequency over the past decade has diminished. Despite this apparent progress, we are still a long way off from being at par with the advanced energy solutions adopted by developed nations, of which thin film solar is at the forefront. Windows and awnings can now be used as solar panels coated with thin film solar technology, enabling them to function independently as a means of capturing and generating electricity. Governments across the world are encouraging the trend by subsidising the cost of material and installation. In the next 10-15 years, cities will use upgraded versions of this technology on a broader scale. Solar energy capture will be integrated within the architectural plans for new constructions and retrofitted into older buildings. Adding to this undepletable energy source, cities will also rely on wind farms on the outskirts of the city for power.

The city of the future will employ the latest transportation technology—hydrogen fuel cell cars, electric cars, biofuel cars, hydrogen buses, hydrail trains, elevated trains, subways, and eventually even flying cars



Top class infrastructure will be the order of the day in tomorrow's cities

A future home with an in-built solar panel roof for energy generation and conservation



for emergency personnel. Airplanes will stand by at airports and space-ports on the outskirts of the city, while smaller airplanes and helicopters at mini urban ports will be on call for passengers on short trips.

Our recreational facilities will reach a level of augmented reality (a live, direct or indirect, view of a physical, real-world environment where elements are exaggerated by computer-generated sensory input)

unfathomable to the human mind today. Physical retail destinations will be downsized and shopping will completely be transferred online. Today's ubiquitous shopping mall will fade away as consumers will be able to use augmented and virtual reality even to try on clothes and other items from the comfort of their own homes.

Schools, playing fields, sports facilities, government offices and judicial courts will all be convenient to

reach, although much of their functions will be accessible via virtual and augmented reality. The need for travel will diminish, and traffic jams will finally be a long forgotten headache.

And all of this development will not be restricted to the ground level. As far as the infrastructure and appearance of these cities go, they will be planned and designed in a way to accommodate vast underground networks. Subways, stores, computer data centres and even businesses will be located underground, to maximise space and utilise the natural heating and cooling systems of the earth.

These urban plans are barely credible, but then, just a century ago our web-driven reality would seem as outrageous. A number of smart city projects are already being developed to meet these standards. Songdo in South Korea will be the world's most expensive privately developed city and represents Cisco's vision of an almost omniscient telepresence. PlanIT Valley in Portugal is designed to mimic logical software, while Skolkovo in Russia focuses on transportation, education, and health care organised into meticulously planned smart grids. Pay attention to where you are, because the future is here. ■

TEACHER'S ACHIEVEMENT AWARDS PRESENTS ACHIEVERS CLUB THEY DREAMT, THEY DARED AND THEY SUCCEEDED

New Delhi, December 28, 2011: Beam Inc has flagged off its 11th edition of the Teacher's Achievement Awards with a special 14-part televised series, Achievers' Club on Star World. Leading to the Teacher's Achievement Awards to be hosted in February next year, Achiever's Club will showcase the glittery, glamorous and fabulous lives of self-made achievers of India.

The Achievers' Club is an exclusive series where India's most celebrated achievers like KP Singh, Vidya Balan, Rajeev Chandrashekar, Naveen Jindal, Manish Arora, Usman Amjad Ali Khan and many more will share their success mantras and millionaire lifestyle with the host Vir Sanghvi. Each episode showcases the lifestyle of famous achievers and their homes, their passions and their celebrated life including their vacation homes, luxury cars, planes, yachts et al. The show aims to see the real lives of self made achievers who are the inspiration to humanity through each episode.

Speaking about the introduction of Achievers' Club by the Teacher's Achievement Awards on Star World, Mr. Harish Moolchandani, CEO & Managing Director Beam India & ISC said, "Teacher's Achievement Awards are a celebration of the Spirit of Achievement at the highest level and across different spheres spanning Business, Sport, Communication & Entertainment. With the debut of the Achievers' Club on Star World, we would like to showcase to the world the celebrated life of achievers, their lifestyle and their passions as shared with Vir Sanghvi in the series. This is a worthy addition as we move into the 2nd decade of the Teacher's Achievement Awards."

Watch Vidya Balan, Naveen Jindal and Manish Arora share their secrets, their rise to fame, their life story.... Saturday at 8pm on Star World. Teacher's Achievement Awards present Achievers' Club ... where the inspired become the inspiration.



BOYS AND THEIR TOYS ANTONIO BERNINI MEAN MACHINE

Inspired by the racing lineage of the Formula 1 super cars and street racing muscle cars, the all new mean machine is flamboyant in design & resolute in character.

A true insignia of its twin inspiration, the watch boasts a bold angular design line & a fat unidirectional bezels inspired from early muscle cars blended with racing fast grip rubber tread straps. The chronograph counters & the red-yellow striped pushers add to the racing DNA of the Mean Machine.

These high performance watches exude a presence that is hard to miss, and are a must for every speed enthusiast who demands nothing but the very best to be strapped on to his wrist.



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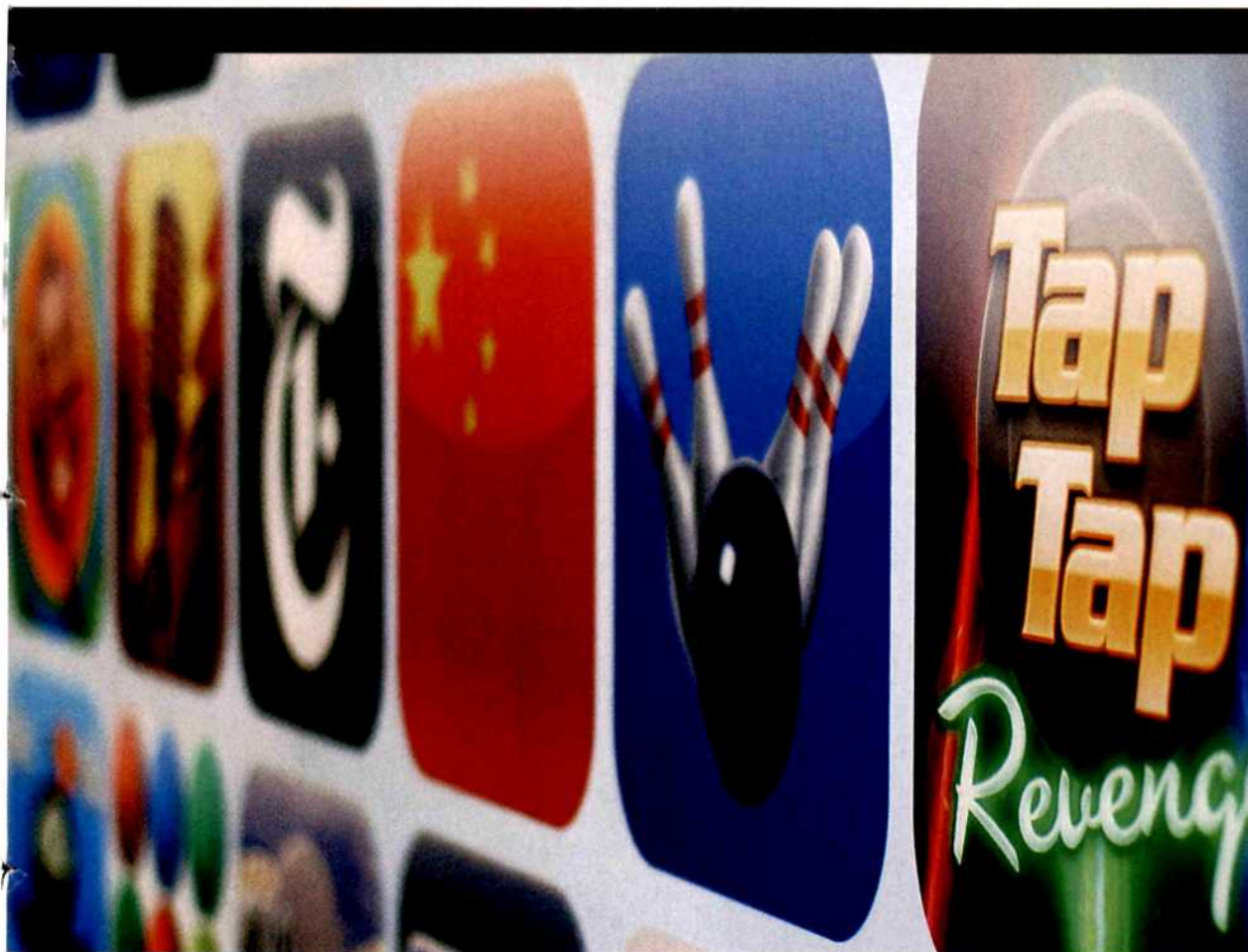
AN APP A DAY



» Millions of apps are fighting for space on our hand-held devices, and finding the right one can be a difficult task. Here's our pick of the best travel, fashion, gaming and luxury apps across major platforms.

BY R PALLAVI

Steve Jobs wasn't Martin Luther, but in a post-modern sense, reformed the world in much the same way. In his reign as CEO of Apple Inc, smartphones went from being a lifestyle choice to a must-have. Sometimes set in suede-like silver metal and sometimes panelled in mirror, the designer goodies that make up the iParade were upped a notch when Apple launched its app store to download music and gaming applications in 2003. In a few years, brands began to come up with innovative apps and advertised their benefits through Apple's fast growing network. Following suit, Google developed its own mobile platform—Android—and launched a rival software store, the Android Market in



Manage your applications by saving them in folders by category, and exit once you are done using them. This frees up memory on your device.

2008. This was further followed by Research in Motion's BlackBerry App World in 2009, which also put a recreational spin on a telecom service that had, until then, restricted itself to push email. Then came the downside. The stores were so successful, finding the right app became nearly impossible. Here's the best of the best in four important categories.

WAYFARER'S WISH LIST

The cautious tourist of the 90s have to some extent been replaced by a new age of vagabonds who consider 'tourism' a cuss word and the journey a reward. Justifying this trend are many apps that centre on flight status, currency conversion, local eating and street culture, art and architecture, and of course photography. Those who wish to take a safe route can hop on board highly rated apps such as Lonely Planet city guides, National Geographic Adventure

manuals and the North Face Trails.

OUR PICKS

Apple myLanguage Translator Pro

When in Rome, speak like the Romans and not like the Roman tour guide. This crowd-sourced language translation tool offers community-supported translations by native speakers and assists with pronunciations. The Pro version includes Urdu and Latin, taking the total number of languages to 59. That's the most in the iTunes App Store.

Price for pro version: \$4.99. **Seller** myLanguage, Inc

Android Frugal Flyer HD: Airline Hotel

This allows you get the best deals on airfare and hotel and car rentals in and around 40,000 cities. With more than 700 airlines, over 100 car rental services and almost all big hotel chains registered, this app helps you nail the best deal. What's more, it saves you last

minute rushes by storing boarding pass copies and passport photos. **Price** Free. **Developer** Webport.com

BlackBerry Little Shop World Traveller

Make your way through the tiny bylanes of Greece, souks of Morocco and the open markets in Seoul, hunting down local goodies. The interactive game helps you unearth one-of-a-kind souvenirs, and offers an insightful shopping guide to exotic cities. **Price** \$2.99. **Developer** Gamehouse

iAM GAME

There's more to gaming than smashing a bunch of angry birds into green pigs. Now, you can relive the classics of your youth such as Prince of Persia, chase Pac Man, align falling bricks and assert your need for speed. The newer ones on the other hand draw on technologies of 3D and motion sensing. Be it interactive fitness games, mindless stress busters,

crosswords and trivia games, or just motion pictures and cartoons turned into games, there's something for everyone's need and greed.

OUR PICKS

Apple Crystal Maze

Transport yourself to the awe-inspiring and spooky studio of the hit 90s game show hosted by Richard O' Brien. The sounds and quotes from the show put you in the mood as you snake your way through the Medieval, Aztec, Futuristic and Industrial mazes, collecting crystals before your time runs out.

Price \$0.99. Developer Dynamo Games

Android Top Hacker HD

'Your mind makes it real.' This quote from The Matrix may have inspired this abstract math game. It is set in 2034 AD when the alien Klikin Federation has hacked into a system which controls all computers and also the human brain. Hackers Masaku and Hatami set out to save the world and counter the sinister plot by cracking multiple digital codes.

Price \$1.61 Developer Interactive Exchange Company PL

Blackberry Training with Messi

Owing to his smashing strikes, Barca boy Lionel Messi has been referred to as the true successor to Argentine legend Diego Maradona. The official Messi video game allows you to train your kicks and passes with Leo. It is developed in collaboration with the Lionel Messi Foundation and Social Organisation Team, which donates all proceeds to charity.

Price \$1.99

Developer Fundacion Leo Messi

TURNING 'FASHIST'

Fashion evokes multiple metaphors; there's snobbery on ramps, defiance in groups and nonchalance on streets. Whatever be your style, there's an app to make you get it right. While online stores have come up with apps like Net-A-Porter, Marks & Spencer and H&M to make shopping simple, the ones created by big labels like Gucci, Armani and D&G keep you abreast with their latest collections and save you the trouble of flipping endlessly through portals. There's a Style Studio for tips on mix-

and-matching and avoiding faux pas and a Wardrobe Manager that helps you organise your buys.

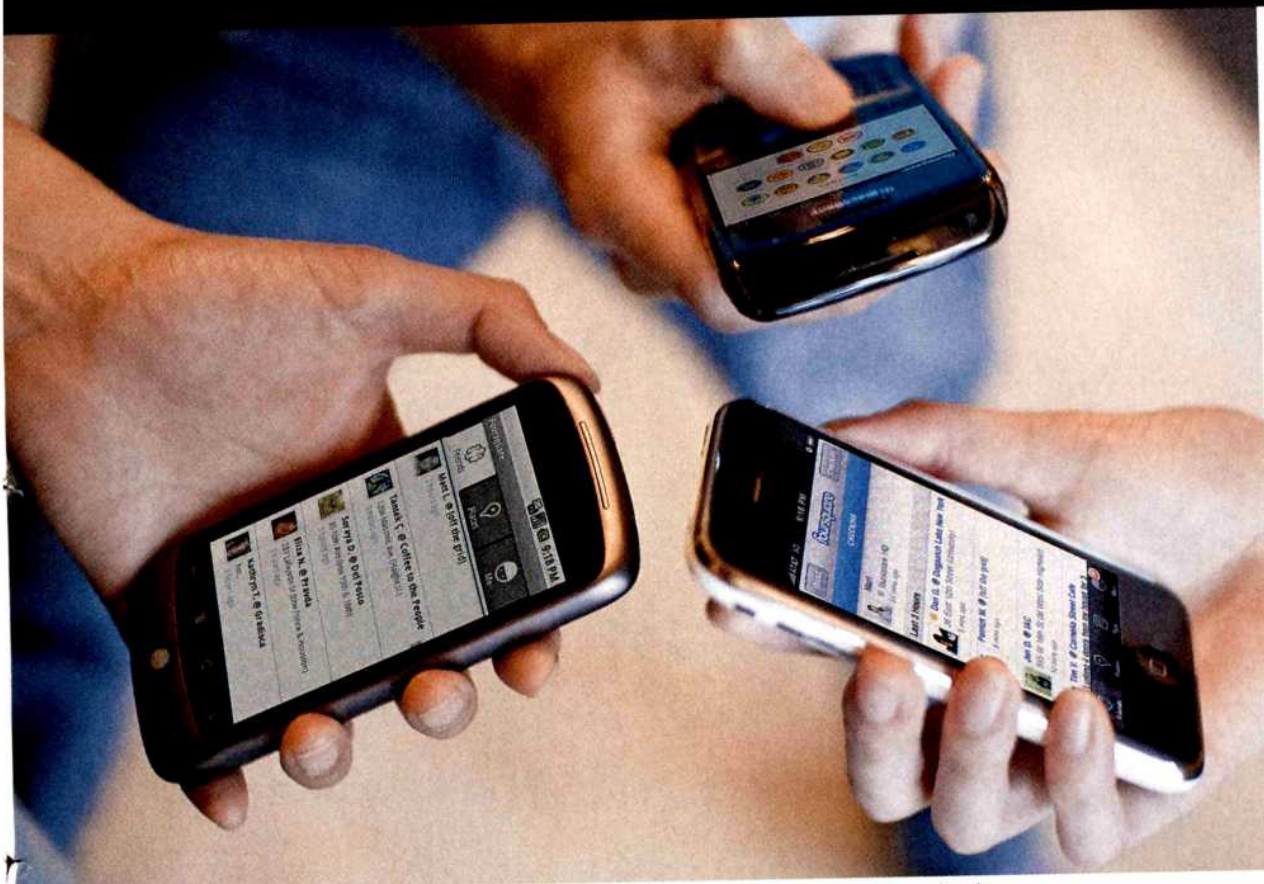
OUR PICKS

Android Street Fashion Gallery

Street style is the easiest to adapt and can be easily deconstructed to your taste. Leopard print pumps from Mila or hot pink overcoats from New York short check skirts from Japan or kilt-styled pants from Scotland; get the latest popular fashion updates on street fashion from catwalks around the world.

Price Free. Developer Tattoos





The WhatsApp messenger is compatible with all major platforms and allows you to chat and share data across networks

BlackBerry TrendStop Fashion TrendTracker

Track the fast evolving world of couture with over 80 videos from global fashion weeks which are available within 24 hours of the actual live show. There's also a constantly updatable collection of more than 3,500 images from ramp shows. Once you've decided on your favourite styles, use the in-built store locator to find the stuff in your city. **Price Free. Developer** Amoja Limited

Apple Touch Closet

At times sexy and at others casual, closets should hold enough to fit your many moods. This app helps you organise your clothes by storing them as images in an album and helps you pair them with items you're shopping for. A great way to steer clear of fashion faux pas and repetitive buying. You can also put your favourite clothes in one stack, pre-decide ensembles for special occasions and prepare a checklist before a vacation or a business trip. A complete

wardrobe must-have. **Price** \$9.99. **Developer** Bay Dynamics, Inc.

LAP OF LUXURY

When smartphones and iPhones were getting increasingly common, connoisseurs, aficionados and the like found a novel way to keep their exclusivity going. There are apps crafted especially for the crème de la crème, be it collectors of vintage wines, cigars, couture watches, jewellery or luxury cars and bikes. You can also check into luxury resorts and even get updates on the latest auctions.

OUR PICKS

Android Swiss Watches Book

Your window to the most coveted and creative timepieces from the world's watch haven. The collection boasts of the latest models from Rado, Chopard, Bell&Ross, Raymond Weil, Piaget and several others. All you have to do is click to enlarge a model on the screen. Then you'll notice the movements of the

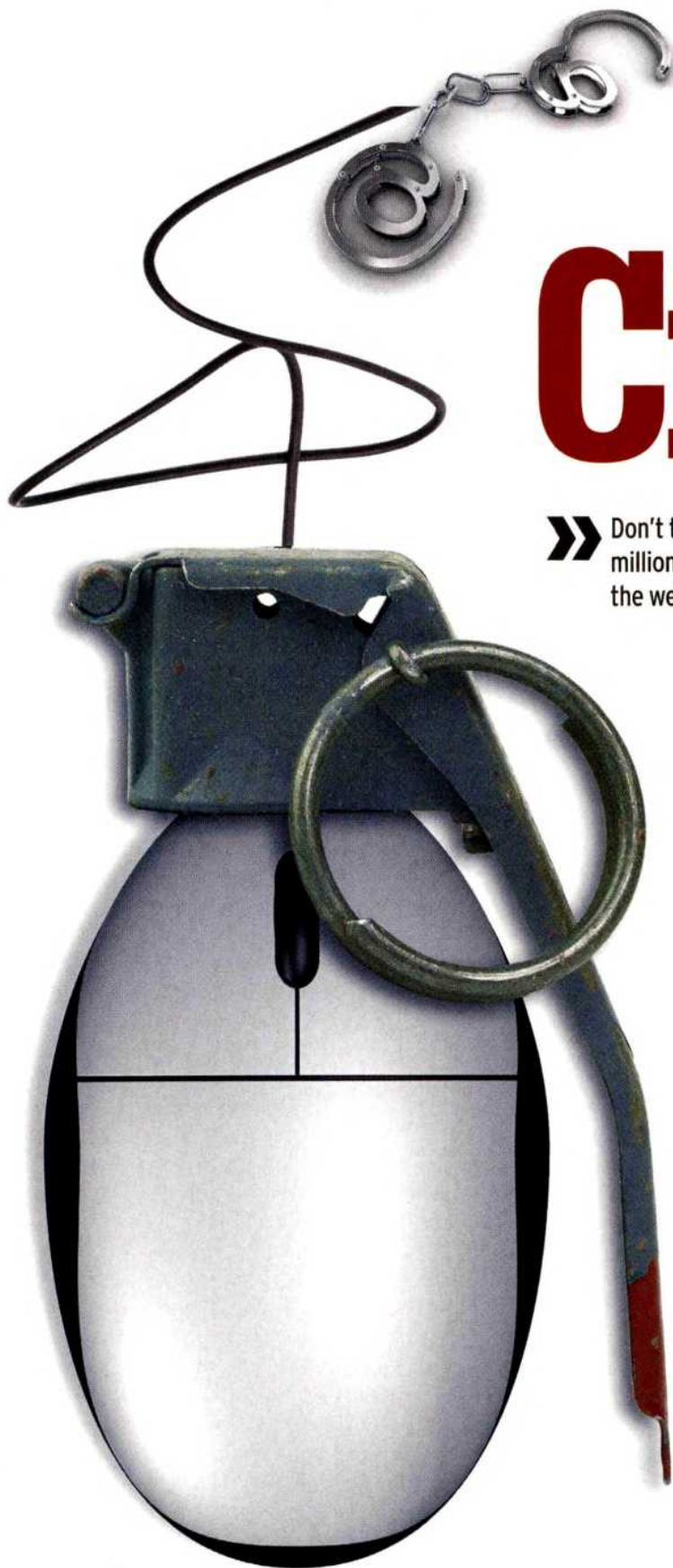
hands along with the features and the price. Wrist assured, we say. **Price Free. Developer** 2K-Group

Apple Pair it

With over 20,000 easy to follow time-tested wine and food pairing suggestions, the app is your pocket sommelier. You can swirl the device to select a random pairing suggestion, receive advice from experts and browse the wine library with over 180 varietals from around the world. **Price** \$4.99. **Developer** Pair it! LLC

BlackBerry Habanos Club

'Cutting, rolling, lighting and much more', that's what this digital humidor is all about. Besides access to constantly updated brand catalogues from Habanos, there's an encyclopaedia of cigars and videos on cigar cultivation. The Cigar search helps you find a stogie that meets your criteria of brand, size, length and ring. **Price Free. Developer** Phoenicia T.A.A Cyprus Ltd. ■



Cyber Crime

» Don't take online fraud lightly. Victims have lost millions of dollars just because they never imagined the web was so wide. Here's advice that can help.

BY ANAMIKA BUTALIA

In late 2010, Tejas Shah found he had a serious problem. A week earlier, the sales vice president had lost his official laptop on a flight. Before the IT team could wipe the hard drive, his email account had been compromised.

The hacker found Shah's birth date, address, phone number, credit card details—which Shah shared over a chat with his wife—and information on his investments. Soon Shah's bank account showed unauthorised withdrawals. It was not till four long months after lodging a complaint, that the cyber crime cell of the Mumbai Police could track down the culprit.

This story is a warning. Laptop thieves generally recycle stolen devices but the person who stole Shah's laptop was after a bigger prize. And he knew exactly how and where to find it. The stakes are getting higher and we show you how stay on guard online.

PASSWORDS

The first frontier of defence is a strong password. A strong password should be at least seven characters long, have

lower and upper case letters, and a mix of symbols and numbers. Memorising a randomly generated password that doesn't have any personal significance is safest. Never share passwords in an email, chat or SMS and make your secondary security questions or hints hard to guess. A basic and inviolable rule of thumb is to change your passwords every three months.

SOCIAL NETWORKING

Sharing information with people whom you've only met online is a common cyber mistake and the easiest to exploit. Be alert and report all requests for sensitive information especially billing details. Politely refuse to befriend anyone whose identity cannot be vouchsafed on networking sites like Facebook and LinkedIn. Downloading and installing unverified applications may seem safe since you trust the routing website but backfires if the applications hack your account. Be responsible about which applications you permit to access your information.

ONLINE SHOPPING

Online shopping is another security nightmare. This year, Pune's cyber crime cell cracked a case that involved the misuse of as many as 100

credit cards. The two-year-long investigation began when one cardholder received a notification for the purchase of an air ticket he hadn't bought. More mystifying was that his card had stayed stowed in his wallet the whole while. The police were able to arrest a group of scamsters that had accessed his details over an unsecured online purchase earlier.

If you're buying online, find out precisely how the vendor will store or share your information. Only shop with trusted merchants, those who offer SSL encryption and have been digitally signed by web-security sites like VeriSign. Report messages from third-party payment services to confirm account details or other personal data. Crucially, never use billed services on public computers.

ONLINE BANKING

Banking safely online is the key to cyber security. Begin by making sure you've typed in the right URL, since dummy sites are a dime a dozen and by keeping your password safe. "On a monthly basis, we inform our customers never to share personal banking details like netbanking pass-

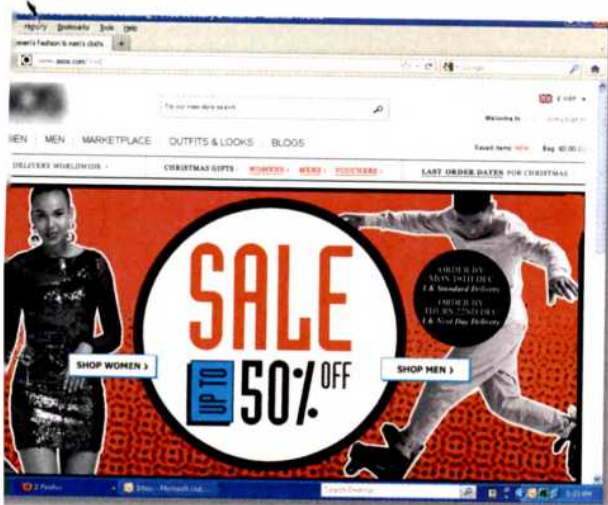
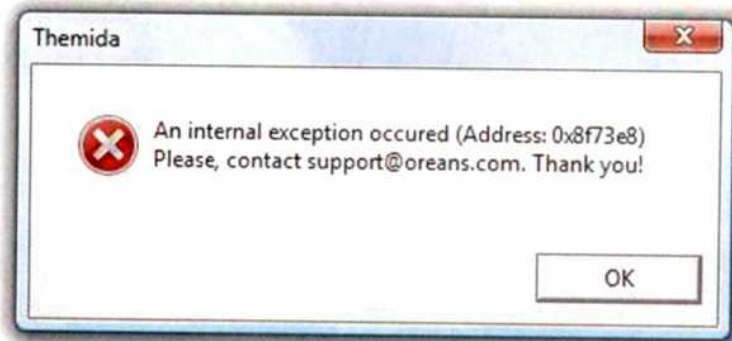
words or ATM pins with any one," says Sukriti Soni, senior marketing executive at HDFC Bank. "Should they get [such] a call or email, customers ought to report abuse."

Additional measures include logging out immediately after completing a transaction. Avoid accessing your account from shared computers as these can have keyloggers, screen recorders or other malicious software. Sign up for SMS notifications so you are instantly alerted to any unauthorised transactions.

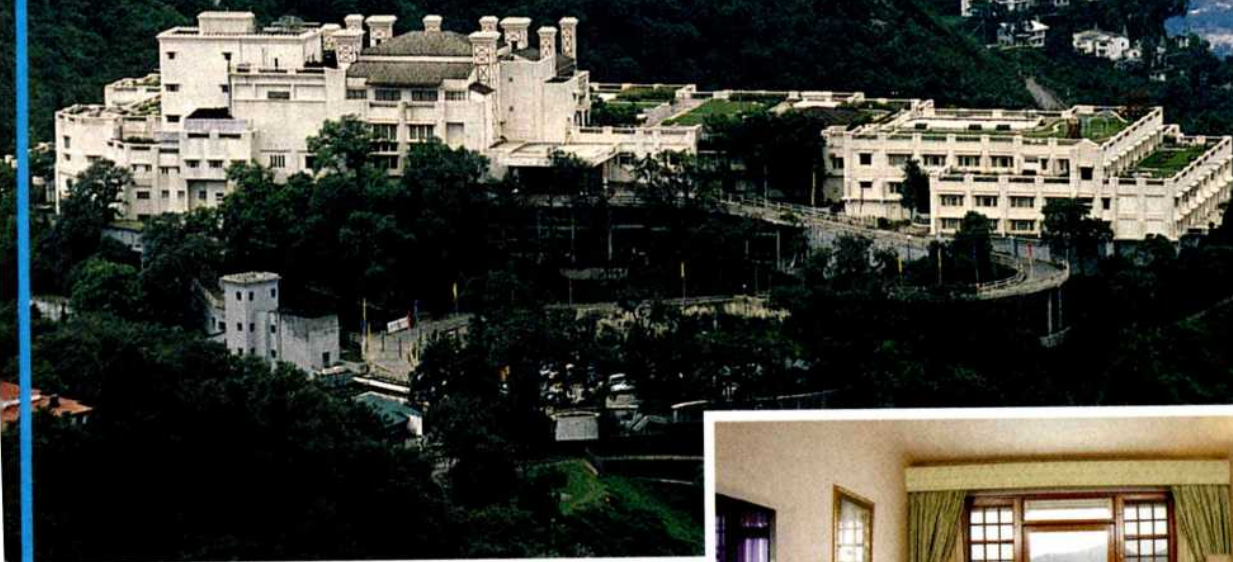
GENUINE SOFTWARE

As internet speeds improve, people are downloading freeware rather than purchasing software legitimately. To make sure the software is genuine and spyware-free, download directly from a company's website or run a Google search first to authenticate it. If buying a disk, look for holograms on the packaging and check the serial numbers and registration keys. Save all original licenses and documents and adhere to usage policies of the supplier. Flouting these norms invalidates the warranty and can prove dangerous.

Staying safe online isn't just about protecting your privacy. Because of an increasing reliance on online services, a single slip-up could put your finances in the hands of an unscrupulous hacker. With the freedom the internet offers, comes a new host of responsibilities. Surf safe.



In the lap of LUXURY

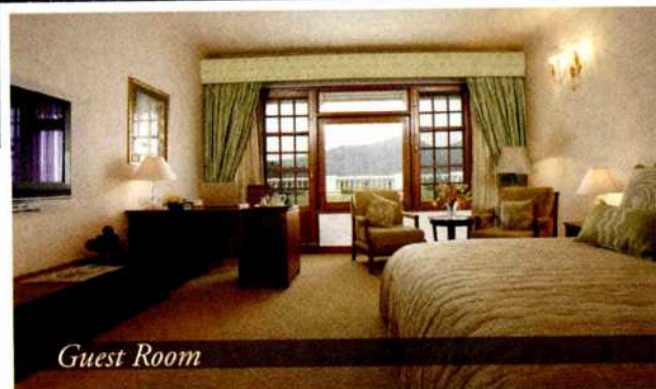


Fill your next getaway with everlasting memories as you surround yourself with the beauty and tranquility of the mountains. Treasure every moment with your near ones in the crisp, fresh mountain air, on the long walks along woody trails. Take in the brilliant sunrises and share with them the spectacular panorama of stars at night.

So, while you're in the mood to pamper your king or queen, head towards the **Queen of the Hills, Mussoorie**.

Located just 250 kilometers north of Delhi and at a height of around 7000 feet, Mussoorie has an infectious colonial charm. The holy river Ganga can be seen from one end of the ridge and the Jamuna from the other - a stretch of around twelve miles in all - from Cloud's End in the West to Jabarkhet in the East.

Jaypee Residency Manor at Mussoorie is where your romance with the mountains begins with a 360 degree breathtaking view of the mighty Himalayas.



Guest Room

This unique property, the only five star deluxe hotel in entire Uttarakhand, deserves every accolade it has received from its regular guests who return every year to experience its luxurious accommodation, creative cuisine and unmatched recreational facilities.

Spread over nine acres of lush green on a hilltop, Jaypee Residency Manor, your own paradise, is a tribute to the majesty and splendour of Mussoorie "the queen of hills".

Whereas, all 94 living spaces showcase a majestic view of the Himalayan ranges, the suites and executive rooms open out to private terraces. The charming character and superlative facilities make each room a beautiful sanctuary.



Most care has been taken not to upset the ecosystem. The property has trees such as silver oaks, *Baanjh* (Infertile; so called because it doesn't bear fruit but is great in absorbing water, keeping all the area around it moist and even long after it stops raining) gulmohar, walnut, *badaam*, singara, lemon trees and many more species of plants.

A perfect place for families, the hotel has offerings for every lifestyle with extensive leisure facilities like an indoor temperature controlled swimming pool, Tamaya - spa, salon and wellness centre, a leisure mall featuring electronic games, bowling alley, kids room and outdoor play areas. This idyllic retreat is a complete holiday destination in itself.

There is nothing like fresh mountain air to build up a good appetite, Jaypee Residency Manor offers some exceptional options to satiate it. These include Captain Young's Café for casual dining, Regency multi-cuisine restaurant with live music in the evenings, Marshal's Lounge, the bar with a colonial setting and Terrace Grill open-air dining during summer months.



the Terrace Grill

Mussoorie Fact File

Altitude:	2000 meters
Temperature:	Summer 28(Max) & 14(Min) Degrees Celsius Winter 18 (Max) & 0 (Min) Degrees Celsius
Nearest Airport:	Jolly Grant, 50 km
Railway Station:	Dehradun, 40 km
Bus Station:	Mussoorie (Direct buses from Delhi, Dehradun)
Sightseeing:	Landour Cantonment, Lal Tibba, Camel's Back Road, Sir George Everest's House, Cloud's End Private Wildlife Estate, Kempty Falls

Mussoorie is a fascinating hill resort offering breathtaking views of the Shivalik ranges as well as the Doon valley, along with options for everyone, trekkers, sight-seeing aficionados, bird lovers and admirers of colonial architecture.

Another mesmerizing phenomenon to experience from here is winterline - straight line that seems to have cut the stunningly beautiful horizon in two. This can be viewed only from two places in the world, Switzerland and Mussoorie.

Jaypee Residency Manor has designed special rejuvenation packages keeping in mind the varied sensibilities of our guests. So whether it's a family looking for a fun filled vacation or a couple with a quest for absolute revitalization, there's something for everyone. Spa enthusiasts can avail the Spa Indulgence Package at the in-house spa, Tamaya that brings a specially crafted repertoire of traditional & authentic treatments to relax and heal the body.

Spectacular views, unbridled luxury, extensive leisure and an uninterrupted encounter with nature combined with exceptional service promise to make every moment of this vacation a perfect moment.



Captain Young's Café



JAYPEE RESIDENCY MANOR

Barlowganj, Mussoorie 248122

Tel: 91-135-6602000 | Fax: 91-135-2631022

Email: reservations.jrm@jaypeehotels.com

Visit: www.jaypeehotels.com

Happy Living

» Eight cutting-edge innovations in the field of medical science that promise to make our lives easier

BY ANUSHREE BASU-BHALLA

Weekend movie tickets, dinner recipes, or even finding a long, lost friend—there's guaranteed to be a mobile application (or app) for that. But what about an app that could save a life during a medical emergency? Amazingly, there's one for that too. Emergency Medical Centre Locator (EMCL), is a free app designed to locate and contact the closest and most advanced treatment centres for a variety of medical complications. Given our obsession with technology, companies are investing heavily in combining medical research with gadgets that you can access with little or no training.

Here's our list of the latest medical innovations and gadgets that are making us more healthy. They include an oxygen-pumping gizmo and an ergonomically designed keyboard. There's even an eyeball that looks like it's been plucked from the head of a movie android. Here's how you can live better at the the click of a button.



Stress on Well-being

Worried about an important presentation? Don't sweat. Stress Eraser can soothe frayed nerves. This pocket-sized biofeedback device is designed to keep you calm in the face of stress. The device gives you a live feed of your nervous activity in the form of wavelengths. It then guides you to synchronise your breathing with a measured pulse. Once you've relaxed, productivity increases automatically.



Hope for the Heart

A tiny pump for the heart has dramatically improved the odds of survival for patients who are too frail to undergo a heart transplant. HeartMate II, which is implanted into a patient's abdomen and driven by a turbine, is about the size of a D-size battery. It re-channels oxygenated blood from the weakened heart to the rest of the body through its turbine. In the two years since its launch, HeartMate has already saved more than 4,000 patients worldwide. Now that's heart-warming.



Switch on the Sleep Mode

You spend a third of your life doing it, so why not do it right? The Zeo Personal Sleep Coach consists of a headband that senses the quantity, quality, and depth of your sleep. This connects to a bedside display that shows the measurements on a graph. The device also monitors how long you've slept and how long it took you to fall asleep. Finally, the Zeo packs a SmartWake alarm clock, which uses all these measurements to calculate exactly when it should ring. This way, you wake up feeling refreshed and mentally ready.



Kick the Butt

A new vaccine holds promise for nearly 90 per cent of people who try to quit smoking but fail. After taking a few injections, users of NicVAX built up antibodies to nicotine like they would to a regular disease. The antibodies attach to nicotine molecules, making them too big to cross into the brain's pleasure centre. Result: Smoking no longer gives you a buzz. The vaccine will be readily available in 2012.

Eye for an Eye

The Bionic Eyeball is a ray of hope for millions with retinal disease and age-related macular degeneration. It works like this: A tiny camera, attached to a pair of glasses worn by the patient, gathers images. It then transmits them wirelessly to a titanium-encased microchip on the eyeball. The chip stimulates retinal nerve cells, which then send pictures along the optic nerve to the brain. Although it is still in the final research stage, this should be available in retail stores within the next three years.



Unbreakable

Place a finger on your scalp and move it around. Feel your scalp slide gently over your skull. Scientists took a cue from human physiology to develop a more protective motorcycle helmet.

SuperSkin has a thin gelatinous layer covered with a tough plastic coating. It stretches, as much as 800 per cent, absorbing the impact and, in turn, preventing brain and neck damage.



No Drills No Frills

The fear of the dentist's chair can now be eased by Enter Icon, a product launched by DMG America. This new treatment for early cavities works by injecting liquid resin directly into the tooth. The quick-flowing resin reaches and solidifies in the inner lattice of cavity faster than traditional fillings. This means less trauma and, the best part: it doesn't hurt!



Perfect Type Setting

It's taken two years of research, but Smartfish is finally out with what it calls the world's most ergonomically designed keyboard. Besides the tilted design and large palm rests, the Engage keyboard has an internal motor that shifts the position of its two halves based on your typing frequency. These periodic adjustments help fight fatigue and keep your wrists at the right angle.

Tech Fatigue

» While technology promised to simplify life, it has instead made it more complicated. Wind your way through this digital labyrinth where there is a problem of plenty. The solution? Streamline rather than multiply.



NISHANT SHAH
Director of Research, Centre for
Internet and Society, Bangalore.

If you're a tech freak like me, then you must own several portable computing and digital media devices. A smart phone, a pocket-sized music and video player, a laptop, a net book for travelling and a touch screen tablet are now standard-issue gear for the urban tech lover. Technophiles are easy to spot; they're generally lugging around a large backpack to pack in all the devices and associat-

ed paraphernalia serving a spectrum of functions. The justification: Each gadget fulfils a specific need even though it's capable of virtually all the functions the others perform.

The digital age has often been celebrated as an era where data can be duplicated with ease. In the world of bits and bytes, the distinction between an original and its imitation is blurred. And the trend isn't restricted to data alone. Gadgets too, hav-



been recycled, tweaked and modelled closely along the lines of their originals. A handful of functions get remixed and shared between several portable digital devices. While each is launched with the promise of something unique, what they usher in is the age of gadget fatigue.

Functionality or Fad We are dealing with a digital ecology, where the hardware is increasingly closed, software is always in the making, and applications are short-lived, with all of these components performing multiple functions. So do we need all of these devices? Here is an experiment: Make a list of all the things your various gadgets promise to do. Now make a list of all the things you do with each of your gadgets. You'll realise that you do essentially the same thing with each of them—play games, browse the web, use an office suite, connect to social media and make phone calls. Sure, you can make arguments about ex-

perience, usability, convenience and context. But at the end of the day, the million dollar question still remains: When that one single machine promised to 'do it all', why do you still have an array of gizmos serving a single specific function for each of your needs?

Possession and Procurement Gadget fatigue is not something to be taken lightly. With synchronous technology developments and instruments that do not always 'talk' to each other, there is a constant need to convert, transfer, save and sync. We still spend the better part of our days investing incredible amount of energy, time and money to ensure that all our platforms are on the same page as each other. And it does not end there. The digital market has become a large-scale factory constantly churning out faster, smaller, smarter and more efficient devices at an alarming rate. This has brainwashed us into becoming almost

hypnotic zombies in a quest for the next 'latest, greatest device'.

New or remixed? The original idea of convergence computing was to build one device that would address all our needs and make life simpler. One that would centralise information and data, which could be managed on a single interface. However, that vision has long been lost. What we have instead, is perpetually multiplying information devices which resemble each other while simultaneously maintaining a distinction unique to them.

So the next time you hop into the electronics store to check out the newest offering at the altar of digital dreams, stop and ask yourself if your new acquisition is really 'new' or if it's just a remixed version of what you already have cluttering your laden backpack. When it comes to the world of technology and digital objects, Steve Jobs was right, "less is definitely more". ■



The digital universe is littered with a gamut of multitasking technologies and gizmos galore

IN THE PINK

HEALTH & WELLNESS SNIPPETS



A Little Seasoning, Anyone?

A recent Canadian study has found that a low-sodium diet may not be a great idea after all.

There is a very good reason why you're given a saline drip as soon as you're admitted to hospital. The body can't do without salt. And since it cannot make any sodium by itself, it relies on you to keep ingesting some amount in order to function normally.

On that basis, a new study that tested 29,000 people found that those with low salt levels in their diet were actually at greater risk of cardiovascular death and congestive heart disease. The findings were part of a seven-year study by Dr Martin O'Donnell and Dr Salim Yusuf at Canada's McMaster University.

They also confirmed older studies'

findings that high levels of sodium intake are just as bad for you. These increased your risk of everything from strokes to heart attacks.

So what's the right amount of salt? How much is too much and when should you begin to cut back on the extra sprinkle on food? Dr O'Donnell and Dr Yusuf found the lowest rates of heart disease among people who ate between three to six grams of salt each day. That's slightly less than a full teaspoon of salt spread across all your day's meals. This wonder measure is nearly twice the previous daily recommendation of 2.3 grams.

Source: mcmaster.ca

Get Out of Trouble

Imagine your worst travel nightmare. Perhaps it is falling prey to a deadly virus or getting stuck in a civil war? These are not hypothetical risks. In 2011, travellers faced everything from radiation sickness following Japan's Fukushima crisis to violent revolutions across the Middle East and North Africa.

In response, a handful of companies has emerged that claims they can get you out of trouble anytime, anywhere.

Among them are firms such as **International SOS** and US-based **Global Rescue**. They offer everything from emergency medical evacuation, to liaising with insurance providers, coordinating visas and travel documents and rescue from conflict zones or natural disasters.

While corporate programmes are the most cost-effective way to avail their services, there are other options if you're travelling solo. Try the individual coverage plans for short and long-term travel. Some even offer special coverage for students studying abroad. Travel safe.





Back in Shape

Another January often means another year gone by with broken resolutions about your health.

If you've vowed to lose weight in the new year, here are four tips that will help you succeed.

First, set a realistic goal. If you're 10 kilos overweight, chances are you won't knock it all off in one go. Aim to first rid yourself of five kilos. Then target the next five.

Second, record everything. All smartphone platforms (Apple, Blackberry & Android) have apps that help you measure the calories you've eaten and how many you've burned. Some apps will even project when you're going to hit your target weight based on your progress through the programme. Recording what you've eaten and what you've got rid off is the best way to stay focused and motivated. It's also the easiest way to determine whether you're still on track.

Third, there is no substitute for exercise. Even if you can manage just 10 minutes of walking a day, do it. You will gradually be able to increase your level of activity and time as you get fitter.

Finally, get your family to help. Tell your wife to hide those chocolates and join your kids whenever they play to stay active.

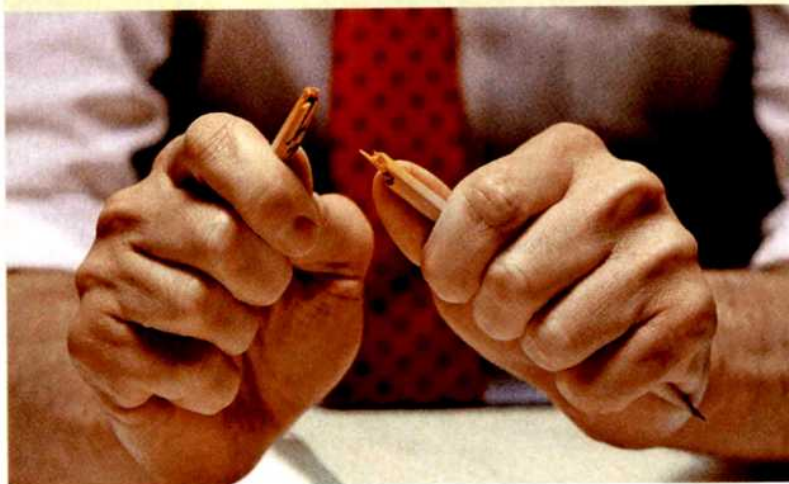
That Stressful 'First Day Back'

End-of-the-year vacations are a great way to unwind, until it's time to get back to work. The stress that comes with hitting the old routine can get bad enough to ruin any holiday. Here's how you can deal with it.

Start Small You're fresh from a break. Time to tackle that big project, right? Wrong. Warm up into it. The fastest way to burn out is by trying to take on too much too soon.

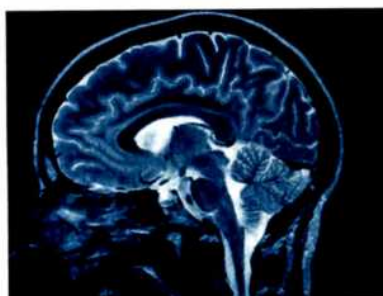
Talk Shop Ask your co-workers for updates on various deadlines. You've been away for a while. It's likely your team has moved ahead. Don't reinvent the wheel by working on projects that have already been taken care of.

Keep the Big Guy In The Loop Your boss manages numerous employees. For you that could mean out of sight, out of mind. Call ahead and let them know when you're returning. Else you may end up with an unfamiliar task right on your first morning back.



Don't Lose Your Mind

It's the medical breakthrough that could bring relief to hundreds of thousands of patients in the years to come. Scientists at Sydney University's Brain and Mind Research Institute have developed a vaccine that they claim will slow down Alzheimers and other forms of dementia.



The vaccine targets a protein known as tau. In lab tests conducted on mice with Alzheimers it prevented the further formation of 'tangles' in the brain's neuro-fibres.

The scientists claim theirs is the first study to succeed in slowing down Alzheimers by targeting the tau protein.

They say their next step will be to develop the vaccine so it may be tested on humans. Alzheimers has so far proven notoriously difficult to fight. While this drug doesn't claim a cure either, it shows tremendous promise in improving the lives of Alzheimer's patients who constantly battle a loss of their faculties.

BT More destination

Arab Spring



In Abu Dhabi, Islamic and Western influences constantly bump against each other, often resulting in eye-catching fusions

➤ Abu Dhabi's spectacular, adrenaline-filled adventures make it the perfect weekend getaway for Indian travellers who are charged to live life in the fast lane.

BY PIERRE MARIO FITTER



PHOTO CREDIT: BDS2006 AT EN.WIKIPEDIA

First-timers take the left rear seat. You'll know why once we're in the air." That was my introduction to flying in a helicopter. That and "Whatever you do, don't get out until the blades stop moving." I was feeling a mix of excitement and anxiety.

You never forget your first chopper take off. Airplanes go straight forward and then a bit up. Choppers go straight up and then a bit forward.

The experience was unnerving but I'll readily admit there's no better way to see Abu Dhabi than from a thousand feet high. A 30-minute ride gets you a bird's eye-view of the Corniche, Emirates Palace, the Grand Mosque, Yas Marina circuit, Ferrari World and many other places in between.

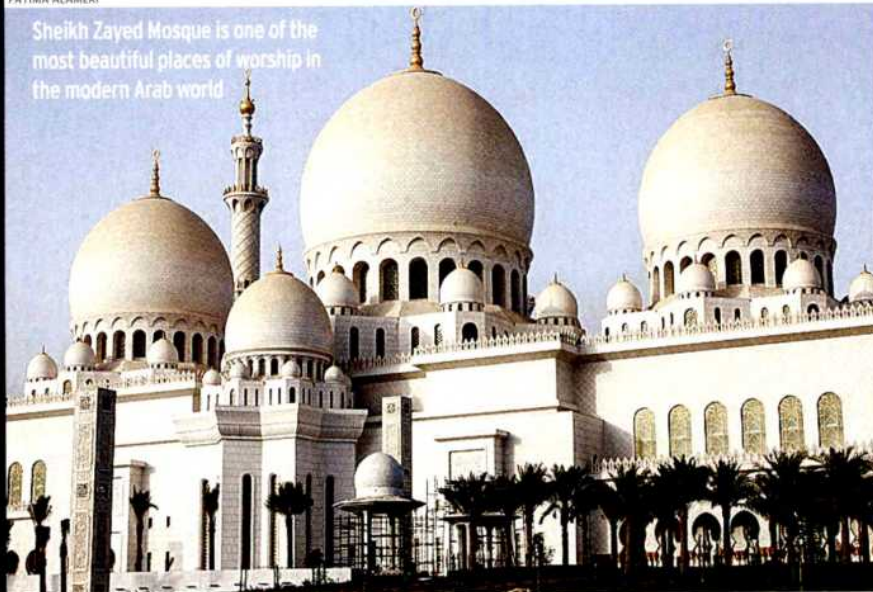
Most helicopters in this swanky Arab city are specially-equipped for VIP tours and have well-planned itineraries. If you're interested in aerial photos, take a day-time tour. Longer-exposure night shots are impossible with all the movement. Helicopter rides are the best way to set up your high-adrenaline holiday in Abu Dhabi. For starters, you get a good idea of where things are in the city. More importantly, given how the rest of your weekend is going to look, it's a good way to get the blood going.

Once you're back on solid ground, head over to one of Abu Dhabi's many malls or take a closer look at some of the sites you spotted from the air. Sheikh Zayed mosque, for example, is one of the world's most elegant examples of Islamic architecture. Another option is that quintessential desert safari. Go dune-bashing aboard an SUV and stop along the way for camel rides, sand boarding and a campfire barbecue by sunset.

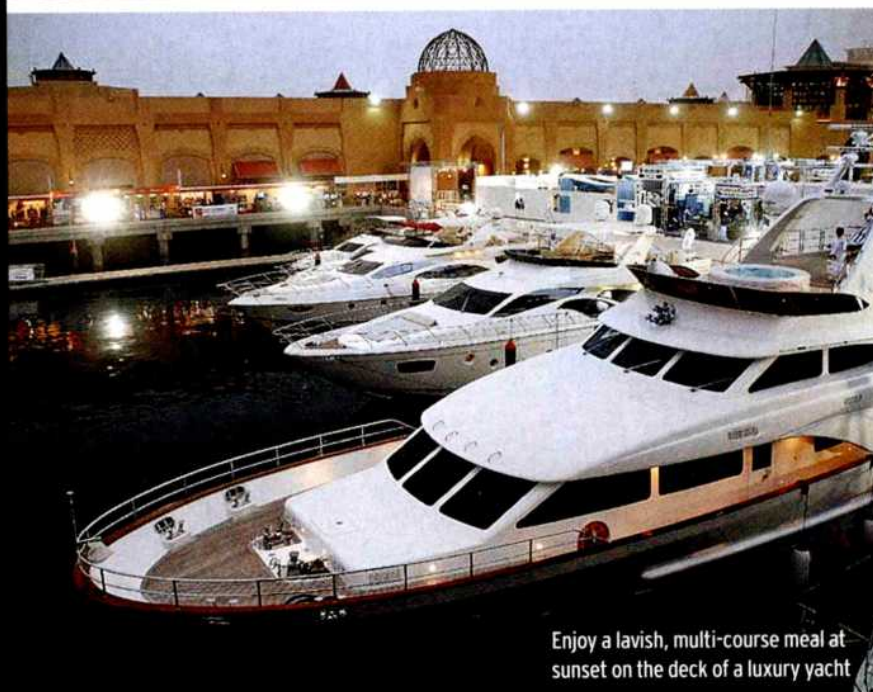
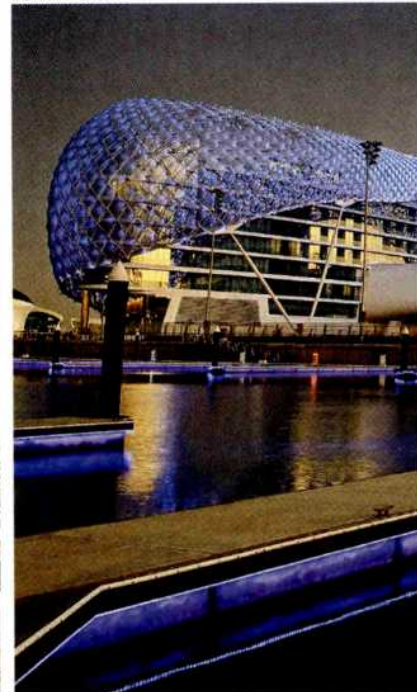
Reserve the late evening on your first day there for a very special experience. The quiet waters off Abu Dhabi are a great setting for a romantic dinner cruise. Most yacht companies offer

FATIMA ALAMERI

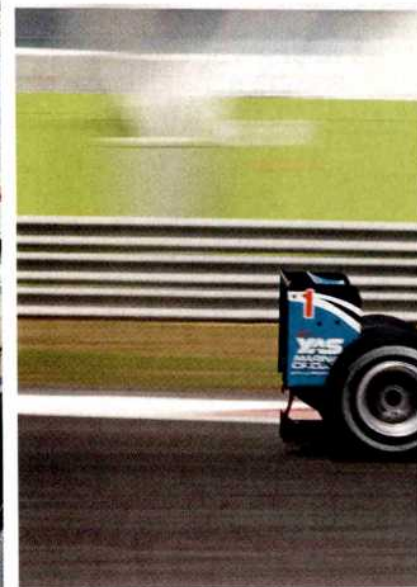
Sheikh Zayed Mosque is one of the most beautiful places of worship in the modern Arab world



YAS MARINA CIRCUIT



Enjoy a lavish, multi-course meal at sunset on the deck of a luxury yacht



YAS MARINA CIRCUIT

a pick-and-drop from your hotel. Once on board, tuck into a grand meal prepared by a personal chef as you watch the sun go down. It's the ideal counterpoint to what lies ahead on Day 2.

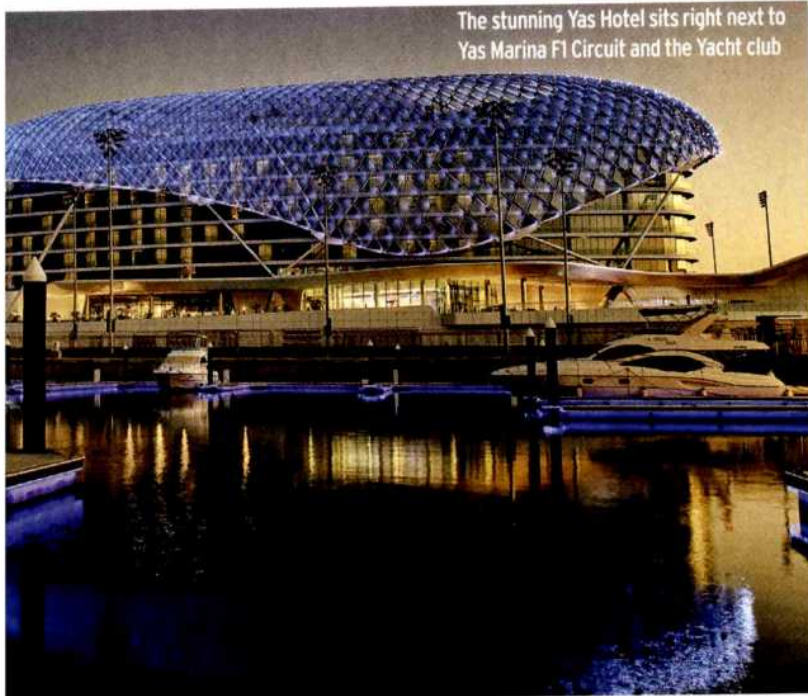
For years Abu Dhabi was just an after-thought; the industrial and unexciting step-sister to glamorous and flashy Dubai. Not so anymore. With just under a million people and more parks and beach front than you thought possible, this is a city on the rise. Much of the excitement is cen-

tered around Yas Island. In fact, as you will find out soon, the attractions here alone are worth the trip.

Yas Island is also where you'd want to pick a hotel. There are at least half a dozen 5-star options including two Radisson properties, a Crowne Plaza and two others managed by Saudi Arabia's Rotana group. I stayed at the eponymous Yas Hotel. Owned by Abu Dhabi's own Aldar Group, it is literally located on top of the Formula 1 track. During the annual race, cars

zip under a bridge that connects the two wings of the hotel and continue right around the property. It goes without saying that occupancy is 100 per cent on a race weekend.

Another option, if you're traveling in a large group, is to rent out the Team Villas at Yas Marina circuit. These ultra-cushy and very luxurious villas are used by VVIPs during the race weekend and are equipped with state-of-the-art everything. Charges range from 3,750 to 5,500 dhiraams per



The stunning Yas Hotel sits right next to Yas Marina F1 Circuit and the Yacht club



Take a 5-G, 300 kmph, ride in a twin-seat Formula 1 car at the Yas Marina Circuit

night, depending on the size of the villa. What's more, they're located just behind the pit garage at the circuit; exactly where you want to be on the second day of your weekend.

Get up early on Day 2 and make a beeline for the circuit. Here, you will spend the next few hours redefining life in the fast lane. If you want to experience the thrill of track racing first-hand, choose from an Aston Martin GT4, a Formula 3000, a Chevrolet Camaro, a Yas Supersport

SST and a Renault Clio RS.

Before the drive you will get a full briefing on track safety, car handling and correct racing lines. You also have the option of recording a video of your drive. A dashboard camera captures all your facial contortions while a front-facing camera picks up where

Weekend Itinerary

Helicopter Tour

Enjoy an unparalleled view of Abu Dhabi's most famous landmarks; without any of the crowds.
FalconAviation.ae

Desert Safari & Dinner Cruise

Treat yourself to a day at the dunes & an evening on the water. Safari-cum-dinner offers begin at AED 450.
AbuDhabiDhowCruise.com

Yas Marina F1 Circuit

Experience the thrill of racing on a brand new F1 track. Pick from a variety of race cars. Check well in advance to ensure availability of the vehicle.
YasMarinaCircuit.com

Ferrari World

Arguably one of the world's best amusement parks. An adult ticket costs AED 225. An additional AED 85 buys you time on the state-of-the-art F1 car & Ferrari F430 simulators.
FerrariWorldAbuDhabi.com

you were headed. Do something crazy enough and you may even become a Youtube sensation.

Of course, the ultimate experience on a Formula 1 track is to get around it in a Formula 1 car. Yas Marina circuit has a specially-built two-seater F1 car. Top speeds are well in excess of 300 kmph and the circuit claims you will pull up to 5Gs on some corners. This is not for the faint-of-heart. In fact, you have to undergo a compulsory medical and briefing by Formula 1-trained officials even though you'll only be in the passenger seat. For those interested in the inner-workings of F1, the circuit offers a guided tour of the pit garages, race

ABU DHABI'S BIG-TICKET INVESTMENTS IN THE TOURISM INDUSTRY HAVE RESURRECTED ITS IMAGE AND CREDIBILITY AS THE CAPITAL OF THE UNITED ARAB EMIRATES

control and even the winner's podium.

Once done setting new land speed records, head over to what is one of the planet's best amusement parks. Ferrari World offers rides and shows that are high on creativity and energy. Hit the park as soon as it opens at noon. That way you beat the rush and



Ferrari World is easily one of the best new amusement parks ever created

FERRARI WORLD

Around Town

Getting There

Etihad Airways offers direct flights from eight Indian cities to Abu Dhabi. Alternatively fly to Dubai and take a 1 hr 15 min taxi ride to Abu Dhabi. Typical flying time from India: 3 hours
Etihad.com

Where To Stay

Yas Island has half a dozen 5-star options. The Yas Hotel sits right on the F1 track. Another option is luxury villas at the F1 circuit. Per day rentals start at AED 3,750.

Yas Hotel

Call +971 2 656 0700

Yas Marina Formula 1 Circuit

Call +971 2 659 9800

get choice seats on the best rides.

The most popular ride is the Scuderia Challenge. This features ten racing simulators where you can try out a variety of Ferrari cars or even simulate a group race around Yas Marina circuit. You need to book a slot and waiting times can hit two hours during off season. So it's best you go here right at the start to get your timed ticket. The more advanced simulators feature full-scale models of a Ferrari F430 and a Ferrari F1 car. These cost an additional 85 dhiraams.

Driving With The Champion is

another must-do. It features simulator seats that recreate the experience of sitting in a Ferrari alongside none other than Fernando Alonso. I thought the attendant was joking when he asked us to buckle our seat belts. One minute later I realised he wasn't. Also try Speed of Magic. This 4D ride takes you through several animated 3D fantasy landscapes and features not just simulator seats but also wind generators and water sprays to create a real sense of motion. If you're going with kids, there's plenty on offer including a junior 'driving school' and a mini racetrack.

There are also two roller coasters. Fiorano GT Challenge, the smaller one, features parallel tracks with the two coasters crisscrossing just a hair's breadth from each other at nearly 100 kmph. The bigger coaster, Formula Rossa, is the fastest in the world. At launch you go from 0-240 kmph in 4.9 seconds. That's faster than a Formula 1 car. As a precaution riders must wear plastic goggles to protect their eyes from the wind or insects.

Ferrari World also has several museums and galleries which delve into the company's racing and manufacturing history. And if you ever get hungry, there are numerous restaurants, including four that are run by Michelin-starred Chefs. If fine-dining isn't your thing there is a fast-food joint and plenty of concession stands as well.

A good way to unwind after such an adrenaline-pumped day is back at your hotel spa. Indulge in a few deep massages to work out the kinks from all those extreme G-forces. Once you're done, book a cab to the airport and get ready for a week of unstoppable bragging.

There's really no reason not to travel to Abu Dhabi. Where else can you spend a weekend high on adrenaline? Shift gears and head to Abu Dhabi. You're guaranteed the time of your life. ■

Fad For Thought

» Science or pseudo-science? Fad diets ride high on claims, tall enough to keep the world hooked on to them. Here's exploring a contemporary phenomenon that puts a radical spin on cutting back calories.

BY R PALLAVI

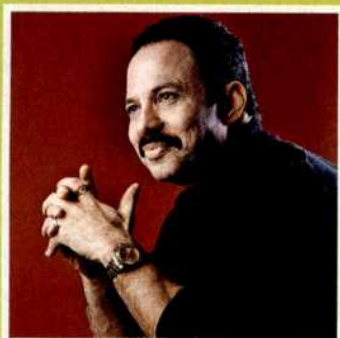
When Popeye gulps down his can of spinach and watches his biceps swell in response to the iron hit, it's easy to assume that's the only kind of food he has. In a more metaphysical world, that's exactly how fad diets operate. Typically, fad diets focus on similar foods, for instance cabbage soup, grapefruit juice and pro-biotic foods, and promise immediate results. In today's world where mood swings run parallel to bingeing and food craving and size-zero is a clarion call, such diets are undergoing inventive makeovers. The trend that took off in America in the 70s when Dr Robert Atkins became the first and last word in diets with his high-protein low-carb regime is often deemed unwholesome by skeptics who swear by the school-book balanced-diet. In Atkins' defence, his conjectures, though backed by little medical evidence, are being recommended today by fitness instructors around the world. All said and done, one must move beyond belittling stereotypes of women who've outgrown sexy and understand fad diets for what they are. Here's digging into a fresh stock of fad diets, and the paranoia and hysteria they bring along.

DUKAN DIET

'France's answer to the Atkins, that's how this protein centred diet developed by ace nutritionist Pierre Dukan is best described as, in Europe. Even though it has been around for 30 years, it resurfaced in a contemporary avatar only last year, when its creator released the book *The Dukan Diet* worldwide. This diet works over four phases beginning with the attack phase, which lasts from two to seven days and recommends pure proteins. For this, Dr Dukan provides a list of 62 high-protein foods including veal chops and game meats and prawns. This is followed by the cruise phase, which adds 32-vegetables to the existing list. After these two phases, the body's tendency to regain lost pounds is at its peak. This is tackled by returning forbidden fruits in two full-blown meals in what's



'MAKE IT COUNT'



MICKEY MEHTA
HOLISTIC HEALTH GURU

Diets should always be within the framework of wholesome wellness. A sensible diet plan can be a blend of whole grains/millet, vegetables, sprouts/beans, fruits, nuts and seeds.

Regular exercise Improves blood circulation and keeps your cholesterol, sugar levels in control.

Meditation This increases self awareness and focus, tenets that avoid mood swings and depressions, two common causes of weight gain.

Adequate water A good diet always works better in a well hydrated body. Supplement your diet with water, lemonade and fresh juices.

Sleeping right For your body to be able to adapt and respond to diets, eight hours of sound sleep is essential.

Discipline Diets cannot work if you don't follow a regular body cycle which involves having a fixed time for eating and sleeping.

Positive Attitude Don't get bogged down by the stress of being unfit and keep giving yourself a chance to change everyday.

Tip One must operate within the paradigm of wholesome wellness. This will lead to physical as well as psychological awareness and lead to natural weight loss.

called the rebound effect, in the consolidation phase. Dr Dukan refers to the fourth phase as the 'rest of your life', this is termed permanent stabilisation and urges you to maintain your new body with three tablespoons of oat bran everyday and a pure-protein Thursday (attack phase). Celebs who've tried out the Dukan are Jennifer Lopez and Carole Middleton, the Duchess of Cambridge's mother.

What works Unlike others in its league, there's a sense of permanence in this diet and slower weight gain post the dieting period

What doesn't Eating lean protein, without intense exercising, adds unwanted calories and ups cholesterol levels. Also, the diet is fibre-less, which results in indigestion, headaches and mood swings.

Note Each phase is drastically different from the other, so the transitions shouldn't be jerky. For instance, begin the second phase by alternating pure protein days with protein and vegetable days.

COOKIE DIET PLAN

No, you're not getting fitter on chocolate chip cookies. Dr Seigal's cookies are hunger curbing, amino acid and protein filled ones, which should be munched on every now

and then. Although they became rage in 2007 when they hit retail stores, it was only last year that they turned into a plausible and full-blown diet trend. Dr Seigal's cookies are now kosher too, since they are natural, vegetarian and way more affordable than the earlier ones. You can choose from the blueberry, chocolate, oatmeal, coconut and banana flavours. In fact, he has also reduced the calorie count in each cookie by 33 per cent, which means one can increase the consumption further cutting back on food cravings. The diet shot to fame when international media flashed before-and-after shots of Arizona's Marty Moorehead who lost 16 pounds in one year.

What works Regular munching prevents falling prey to hunger, common cause of diet failure.

What doesn't The cookies are not the best tasting ones and unlike other diets, there's no alternative.

Note It's not designed for those who can't stand too much sweet.

BABY FOOD DIET

Sleeping like a baby may be great for your body, how about eating like one? You can start by noshing on cans of baby food. These include both powdered ones, which can be mixed with

➤ Fad diets require you to pick a single portion from the food pyramid



warm water, or milk and ready-to-at organic mixes. For an all day diet, bottled baby food can comprise all meals, backed by mid-day snacks of baby foods like gloppy bananas and warmish mashed potatoes. This can be supplemented by a bowl of fresh fruit or finely chopped vegetables enjoyed on an empty stomach early morning. Try it in moderation for a week and go ahead only if you have the stamina for it. Should you have any doubt; the diet is also a hot favourite with celebrities like Reese Witherspoon and Jennifer Aniston.

What works Free from additives and fat, infant food is rich is packed with vitamins and minerals. It encourages eating like babies in

➤ Baby food trains you to eat frequently and in small quantities



➤ Protein shakes are a good energy source during diets



small portions and at regular intervals, a prerequisite to effective weight loss.

What doesn't The unsalted and bland taste doesn't go down well with everyone. Also, since the food is highly processed and requires next to no chewing, it may leave a void in your appetite, prompting bingeing soon after.

Note Taking a cue from a baby's unhurried life, the diet doesn't quite complement a high-activity lifestyle or any form of intense exercising.

PALEO DIET

Eat like the caveman in the Paleolithic age did. That's the bottom line this diet thrives on. Drawing on beliefs of the time, the diet deems grains, sugars, vegetable oils, legumes and dairy as toxins and depends on nature instead. It recommends animal fat of all kind, eggs and vegetables. Typically, the meat can be cooked in an oven, crock pot or pan using coconut oil or lard, with some roasted or steamed vegetables on the side. You can feast on salads, soups and stews sautéed and marinated in fresh herbs like basil, garlic and ginger. The diet has managed to attract plenty with its quirk factor. In fact, celebrities like Uma Thurman and Mel Gibson have chosen to take it a level up and eat raw meat instead. Interestingly, Berlin's Sauvage restaurant puts a tasteful spin on the trend with entrees like nut-based butter, gluten-free cakes and smoked salmon dressed in herbs. Begin with a 14-day schedule.

What works Since it negates unnatural foods, you're free from additives, synthetic colouring and preservatives. This detoxifies and strengthens natural immunity.

What doesn't The diet negates commonly consumed ingredients like grains and dairy, which may be hard to give up.

Note Lack of sweeteners can cause low blood pressure. Keep a chocolate bar handy at all times. ■

'IT'S JUST A FAD'



ISHI KHOSLA
CLINICAL NUTRITIONIST, AUTHOR
AND DIRECTOR, WHOLE FOODS INDIA

Fad diets advocate arbitrary exaggerated theories of weight loss and encourage an unbalanced approach to food and life. These are quick-fix solutions which don't stand the test of time and trigger side-effects like hormonal imbalance and immunity reduction. Diets will work when they are designed for nutrition, based on scientific principles, customised for long-term and emphasise behaviour modification through counselling. Here are few reasons why you should avoid fad diets.

Eliminate certain foods Such diets recommend on eating specific foods in large combinations. Rigid menus keep you from nutritional benefits of a balanced and wholesome meal.

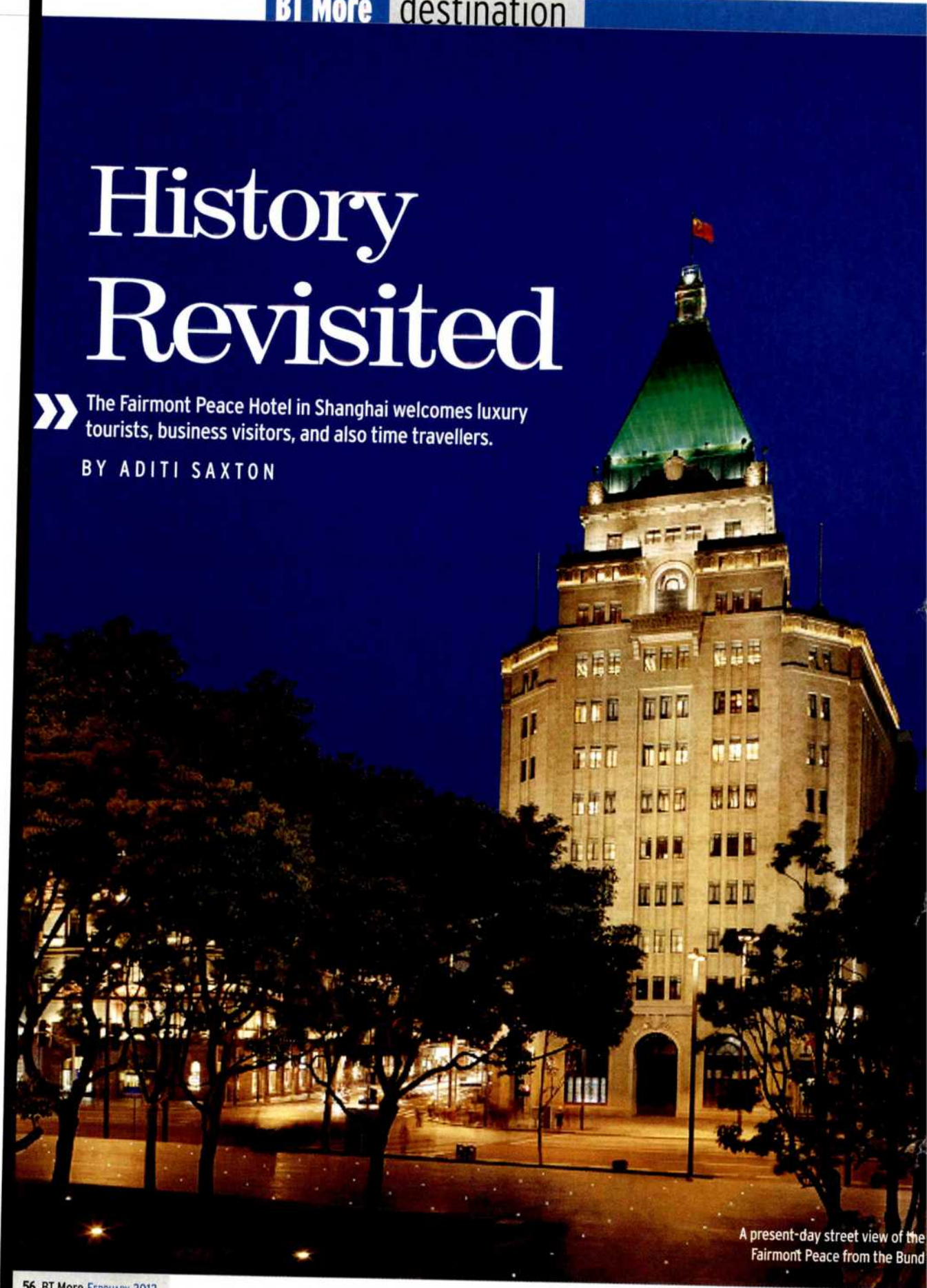
Rely on undocumented literature Most often than not, these diets are based on skewed theories and depend on case histories, testimonials and anecdotes to convey their authenticity. Science is universal, but individual accounts cannot be used as backing, especially because each person has their own medical history and reacts to diets differently.

Difficult to maintain Since choices are monotonous and restricted, there's low motivation to continue. People generally get bored and give up in a few days.

History Revisited

» The Fairmont Peace Hotel in Shanghai welcomes luxury tourists, business visitors, and also time travellers.

BY ADITI SAXTON



A present-day street view of the Fairmont Peace from the Bund

The Bund with the Peace hotel in the foreground, in 1930s Shanghai



Once dawn has broken, the skyline of Lujiazui, the downtown financial district in Pudong, is blurred by a winter haze. The initiatory awe the first-time visitor to Shanghai is obligated to feel also dims with the low light. Highways, knotted and furred like bows, circle densely-bunched apartment complexes with their gabled and gilded roofs. This is not a city, it's hubris manifest.

It's hailed as 'the Paris of the East, the New York of the West', for which the only evidence I spot is a crowned edifice that looks like the flowery offspring of the Statue of Liberty and the Chrysler building (the Westin hotel, I find out later). On first acquaintance, Shanghai is bigger, faster, showier but not better, surely not better than the deeply steeped history of Beijing, or even the uneven meld of ancient and modern in Suzhou. There is perhaps some misplaced patriotism mingled

into this impression; India's growth story never grew this tall.

And then I arrive at the Bund. The colonial architecture, a mix of neo-classical opulence arranged in art deco symmetry tugs at oft-played heartstrings. Here lies the familiar, though given it's in Shanghai, on a scale hitherto unimagined. Running along side the Huangpu river the area is named after the Hindi word for embankment. The word, along with opium, was imported by the British and thrust upon the Chinese. After a brief resistance, the Chinese yielded and the Treaty of Nanjing with clauses for open ports and concessions for trade followed. Various international powers established districts within which they operated, and the Bund became the British holding.

Being on the Bund is the easy induction to Shanghai. It's removed by a river from the Pearl Tower, the World Financial Centre and the other

impossibly high buildings that aren't just billboards for the city's frenzied rise, but transform into actual, gigantic, digital billboards once night falls. The boulevard in stark contrast has a languorous feel to luxuriate in, boutiques withdrawn into inner recesses, a wide promenade by the waterfront.

In industry parlance, hotels are often referred to as 'properties', a tip of the hat to the prime real estate they often occupy. And if the winning combination for the real estate slots always rings up 'location, location, location' then the Fairmont Peace Hotel has already hit the jackpot. As we swing on the Bund in its calm sweep past the Huangpu, I find myself wishing that the tall, distinctive building with the green turreted top is the hotel I'm headed to. I should have asked for a million bucks instead.

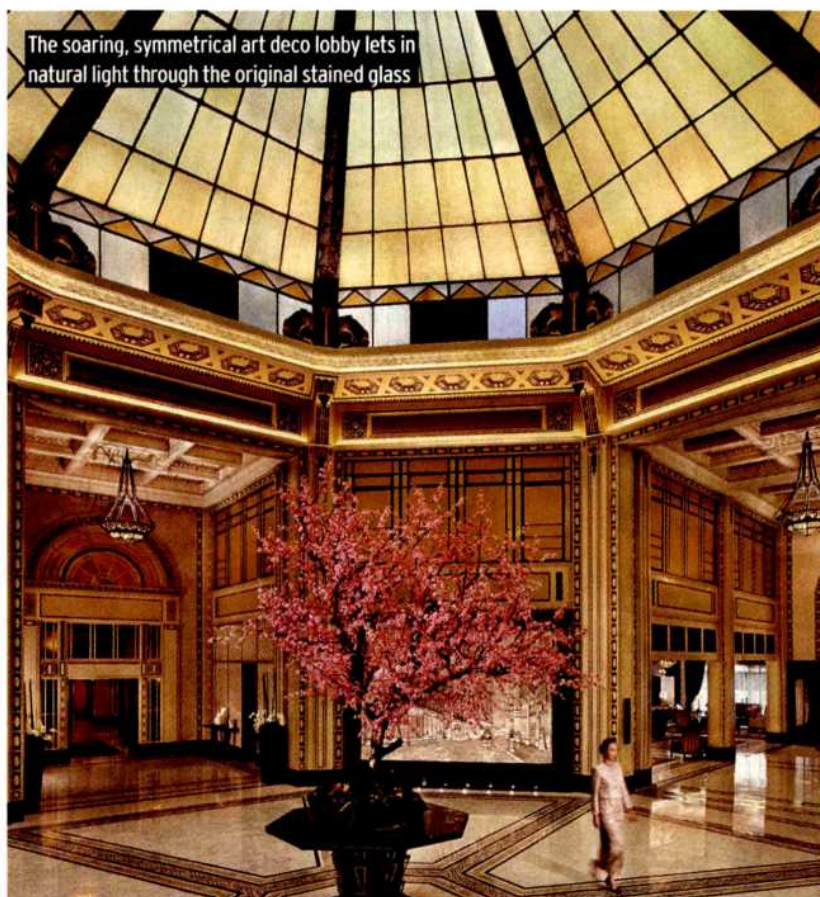
The 1929 hotel reinforces the Indian bond to the Bund. It was built by Victor Sassoon, whose family for-

tunes were made on the Indian peninsula then sunk on Shanghai shores. After the founding of the People's Republic in 1949, as Sassoon left China, he is reported to have said, "I did for Bombay, and Shanghai's done for me."

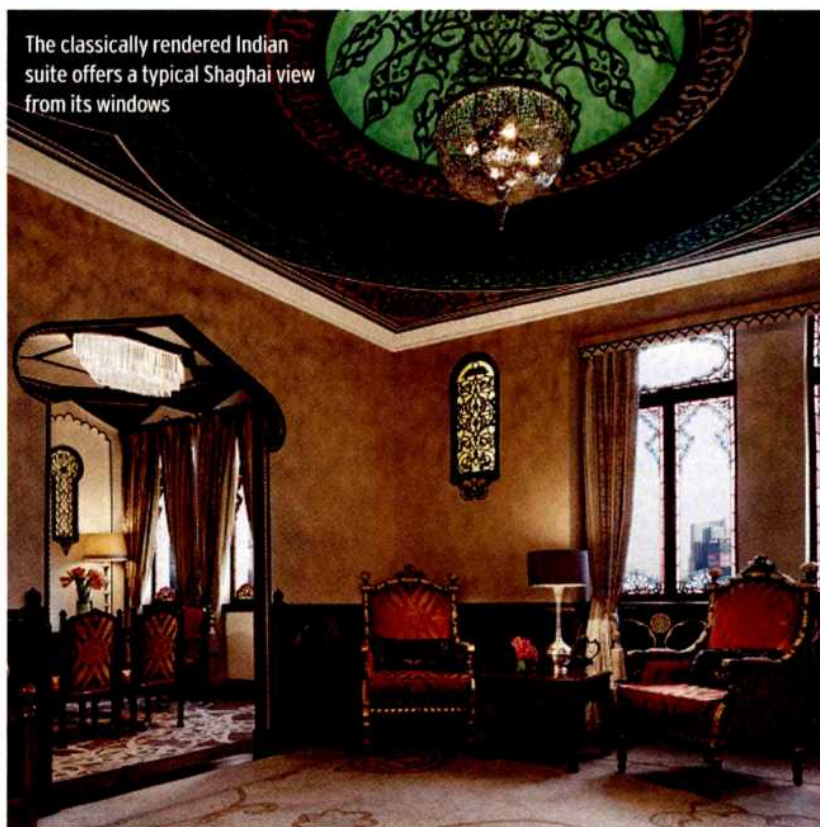
Jenny Liang Peach is the repository for these and other factoids, in her role as the hotel's indefatigable heritage director. The Fairmont Peace is one of the very few hotels in the world that can entirely justify the full-time employment for a heritage specialist. Its story dips and swoops in an evolved metaphor for the young city's own history. In the 1930s, Sassoon cut a sharp figure in the erstwhile Cathay Hotel. He built it anew and requisitioned the oak-panelled penthouse with 360-degree views of a city in flux. He played gracious host to distinguished celebrities and engaged entertainers for them, including musicians for the low-beamed and utterly bona fide American-South jazz bar, where 'ole timers' still play a mean sax. His hotel was future-forward; the first high-rise on the Bund, the first with two elevators, and the first to have central air-conditioning. Everyone who was anyone arrived in Shanghai, and marvelled at the hotel's modernity.

In its post-revolution avatar as a bleak office, the multiple-storied octagonal, art deco central atrium was split into cubicles on two levels, and the stained glass covered by gypsum board. In 1956 it was revived as the Peace Hotel, albeit without its former splendour. The Fairmont's renovations, extensive, expensive and authentic, took three years. When the hotel welcomed guests again in 2010, this Shanghai story found a fitting flourish.

Scratch the surface of the Fairmont Peace and you'll discover layers of time. Shanghai reveals itself slowly, but a modicum of its hidden heritage can unfurl from within the confines of the hotel. Begin the



The soaring, symmetrical art deco lobby lets in natural light through the original stained glass



The classically rendered Indian suite offers a typical Shaghai view from its windows



True to its name the Cantonese restaurant, Dragon Phoenix, has risen to new glory under the Fairmont banner



The in-room dining menu serves a British Chinese or international breakfast spread

quest at the hotel's museum gallery tucked into a clandestine nook on the mezzanine floor. Discover a secret stairway in the long lobby hall and figure out where it goes to. Even the iron grills are so beautiful, it's easy to forget they double up as radiator covers. Many of the original features, the wood, the windows, have been retained, restored or meticulously reconstructed.

If the hush of history gets daunt-

ing the Peace offers ample retreats into modern conveniences. Each room has an Illy espresso machine with adorable custom-made Pedro Almodovar cups. While the etched-mirror doors of the bathroom open to a good old fashioned claw-footed tub, an inset LCD panel with a waterproof remote upgrades and updates the experience. There's free wi-fi for guests who opt for the Fairmont Gold upgrade and all the

Beyond the Bund

Huangpu River Cruise

See the Janus face of old and new Shanghai from a boat on the water.

Oriental Pearl TV Tower

At 468 metres, the tower is the highest in Asia and the third highest in the world, but it is the sheen of the sun caught on its pearlescent pink globe that renders its design and beauty unmatched.

Jin Mao Tower

The mix and match of traditional and modern architecture works for once with this tiered pagoda rendered in glass and steel. Breathtaking views also on offer.

Tianzi Fang

Boho chic reminiscent of SoHo, the back alleys of Tianzi Fang have designs that range from high concept to kitsch and restaurants and bars that merit visits from afar.

World Financial Center

Whether it's the optical illusion of its elliptical curve or the inset trapezoid, Shanghai's largest 'bottle opener' grabs eyeballs.

People's Square

The old horse-racing course has been put to more salubrious use as a central park on Nanjing Road. It's also where distances to most landmarks are measured from.

Yu Yuan Garden

Give the storied 400-year-old garden in Shanghai's Old Town a miss and get lost in the Chinese lantern-clad streets where tea pots, Mao-era paraphernalia, some incredible dim-sum and the inevitable Starbucks vie for your yuan.

Xin Tian Di

The old stone Shanghaiese Shikumen style homes get a thoroughly modern update along cobble, car-banned streets. The prohibitions extend to the prices in upscale stores now nestled in these spaces. But look-see is still free.

hotel's many amenities are accessible with the touch of a button.

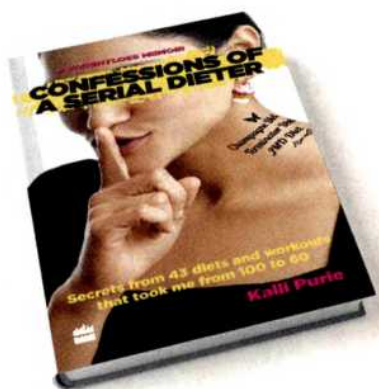
The hotel overlooks Lujiazui, and the blare and glare of downtown acquires an impossibly romantic hue framed in its picture windows. In a tip of the hat to its etymology, the Peace buffers Shanghai shock and readies visitors for the spectacular, swinging surprise that Shanghai is.

Fairmont Jaipur opens this February. ■

FIGHTING FIT

» Kalli Purie's memoir is a rollicking ride on the ups and downs of weight loss, and why it's all finally worthwhile.

BY R PALLAVI



CONFessions OF A SERIAL DIETER

By KALLI PURIE, Harper Collins

Price: ₹250, Pages: 225

Since the age of four, Kalli Purie's life has been determined by a turn of scales. Swinging from 59 kilograms to 103 and back, her caloric intake has fluctuated with her experiences. Her thoughts on weight loss and the impact it has had on her are conveyed in an animated, tongue-in-cheek voice.

The quirky chapters titled 'Around the World in Eighty Kilos' and 'Starving in Style' lend a degree of lightness to the bulky burden of excess kilos she has grappled with through her life.

Purie adroitly captures the hypocrisies of the weighted world, where, everyone wants to be thin, or at least thinner than those around them. Those floating on the skinny side keep the scales tilted so others can't get where they are. The ones who tip the scales more heavily create justifications and vindications for their weight. She points out how the unpleasantly plump get caught in a vicious cycle. Being overweight is stressful and over eating offers a sort of solace.

The lethargy this brings about can be paralyzing, and fat folks, she postulates, miss all the fun whether it's toughening up for an adventure, dressing down for a party or attending a re-union. For the fit, the cycle's a virtuous one. The flattering attention, compliments and respect they command reinforce their will to stay fit. So, getting in shape means moving from one cycle to the other.

With 43 diets and workout routines inspired by her physical and social milieu, this is exactly what Kalli Purie did. Her exhaustive list was driven by her emotions and has taken some unlikely formats, including taking up rowing to impress a college crush, or repressing bridal jitters with litres of coconut water.

While working people often disregard diet books, citing the heavy schedules as inflexible, such fluffy consideration *Confessions* expands to embrace those muddled in work-life imbalances. At the outset, Kalli dismisses the idea that long working hours justify mindless munching through the day. Her reasoning is simple; first impressions have impact and weight management is visible and easy barometer for general management skills.

Purie's willingness to be both the guinea pig and the amateur scientist in her extended experiments with dieting gives readers a specific and honest insight into the complex psychology of weight loss.

She shows how people shun thinness as a marketing and fashion ploy and often use broader social arguments as an excuse for being fat. These opinions obscure the fact of the body's ideal weight, which is never more than '20 kg over the average of your height'. Though succumbing to unrealistically slim stereotypes is inappropriate, the health risks of being fat cannot be overlooked. Her smart deconstructions of stereotypes make the book easy to relate to.

She also maintains a healthy

BEFORE

Age: 35 Weight: 103



balance, encouraging strict steps when necessary without advocating unpleasant extremes. Her ideas read the middle path, to help dieters achieve a 'happy weight', and lead a weight-conscious lifestyle. There's wiggle room to 'let go' with an occasional indulgence, but an equal emphasis to be able to 'pull back' in time.

Unlike scores of other books on diets churned out by fit dieticians, trainers and their ilk, this one cannot be dismissed with an 'easier said than done' sneer. Purie really has done them all. As a four year old she'd already worked out a system of endorsing positive behaviour, by cycling around to earn her jam and toast. Supermodels in Paris may have concocted the champagne diet, but Purie gave it her own twist before her sisters' wedding in France.

Her methods range from the wildly inventive to the prosaic and practical but they all have just the right pinch of good ol' *jugaad*. While it's probably not very practical to take on all of Purie's dietary schemes, the reader can take away the many detailed, handy and honest epiphanies that accompany each phase of her life. With 43 programmes to pick from, there's sure to be one that fits! ■

AUTHOR SPEAK

Women are from Venus and men are from Mars but the desire to look good and be healthy is universal. The book is designed to appeal to anyone who has resorted to dieting, secretly or otherwise.

Just like a soul mate, there is a perfect diet out there for all of us. It may be a prescribed one or just self-tried mixing and matching, but finding it is crucial to our emotional well being.

My book has zero science and is based on experiences and emotions. Every fatty has a heartbreaking incident that gets them on to the right track, because a diet is only as good as the motivation to follow it. It has to come from within.

AFTER

Age: 38 Weight: 59



EXCERPT

I don't have the time, but I have the weight

There is no such thing as 'I don't have the time to exercise'. Time is what we make of it. As my wise mother says, 'We always make time for what we really want to do.' I buy that 100 per cent. Those who exercise also have only twenty-four hours in the day. You have to choose your priorities and follow them, come what may. And exercise has to be on top of the list.

I work full time

Just because you work full time does not give you the licence to eat full time. Unhealthy eating and hard work are not connected. Late nights at the office ordering in pizza and working lunches with mayo-loaded sandwiches is detrimental to any healthy plan. There is no easy way around this. You simply have to be committed to it. Carry your own tiffin, choose the unpopular healthy meal. It might be a little awkward at first but you'll get used to it.

Losing weight is not just about looking good

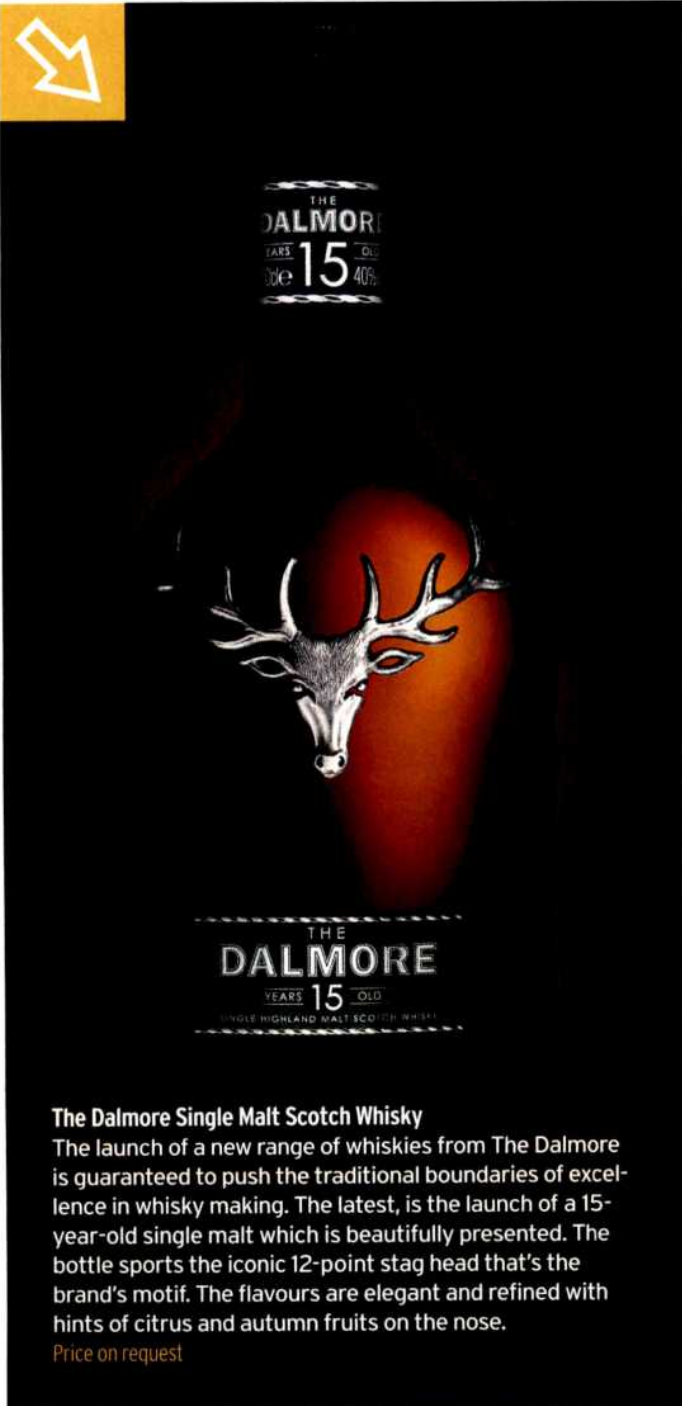
Fit people are pre-judged positively. Knowing that others like what they see when they look at you is a great confidence booster. You are not watching every word you say to ensure a positive impression because you have already made it.

Look the part

If you don't look the part, they won't let you do the part. You can spend your life fighting this and say that it's 'boxy'. But just like a model needs to be tall and thin because his or her job is to showcase clothes, as a member of any team, you need to be in control. A fat person, by definition, does not have control over his desires. This does not mean that fat people can't lead companies or get promotions, it just means they have to work that much harder to prove that they can.

Track & Wield

CHECK THE DESIRABILITY QUOTIE



The Dalmore Single Malt Scotch Whisky

The launch of a new range of whiskies from The Dalmore is guaranteed to push the traditional boundaries of excellence in whisky making. The latest, is the launch of a 15-year-old single malt which is beautifully presented. The bottle sports the iconic 12-point stag head that's the brand's motif. The flavours are elegant and refined with hints of citrus and autumn fruits on the nose.

Price on request



Etro Straw Fedora Hat

Milan-based luxury brand Etro is the seasoned traveller's one-stop shop for covetable style. Take for instance, this classic Fedora hat. It is a great accompaniment to a light-weight linen suit or even for beachwear on a sunny day. Price on request

ASUS ZENBOOK

The first ultrabook by ASUS focuses on user-friendliness and aesthetics. The Zenbook has a silver exterior panel featuring a subtle concentric circle design. It is available in 11.6 and 13.3 inch screens and uses Intel's latest processors. In addition, the Zenbook boasts a 256 GB solid-state drive, Bluetooth V4.0 and USB 3.0. Price: ₹89,999





My Colours Bracelets by Tod's

For a hint of summer to ward off the chill, slip on these multi-colour bracelets by Tod's, aptly called My Colours. Handbraided, they have a polished metal hook closure. These complete any casual outfit and look perfect when paired with a classic watch. **Price: \$225 each**



Riding the Big One by Lladro

Lladro gets beachy with this 'Riding the Big One' figurine, from its latest collection. The spectacular creation features a moment of excitement and concentration over the water, depicted by Lladro's sculptor José Santaaulalia. The company says it will limit production to just 2,000 pieces. **Price: ₹1,22,400**



Corneliani Woven Belt

Intricate design and soft Italian suede leather elevate this woven belt by Corneliani in pistachio white to new heights. Make an eye-catching yet subtle style statement by wearing this accessory with dark denims. **Price on request**

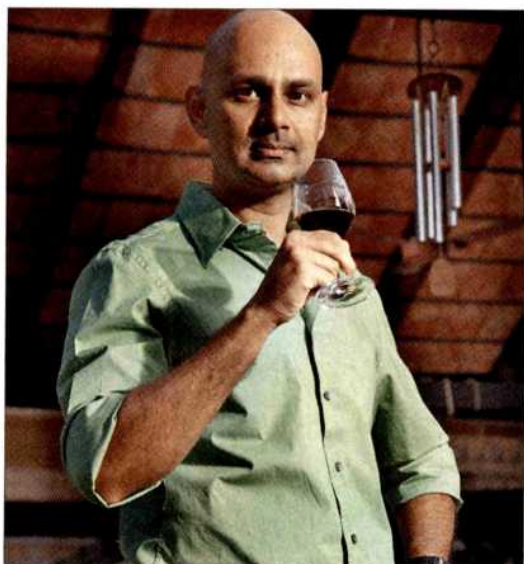
ID Wine Stack by Mukul Goyal

Leading product designer, Mukul Goyal has launched his latest interpretation of old household objects. Among his newest product designs, the ID wine stack is made from chromed brass and holds up to six wine bottles.

Price: ₹3750



MY STUFF



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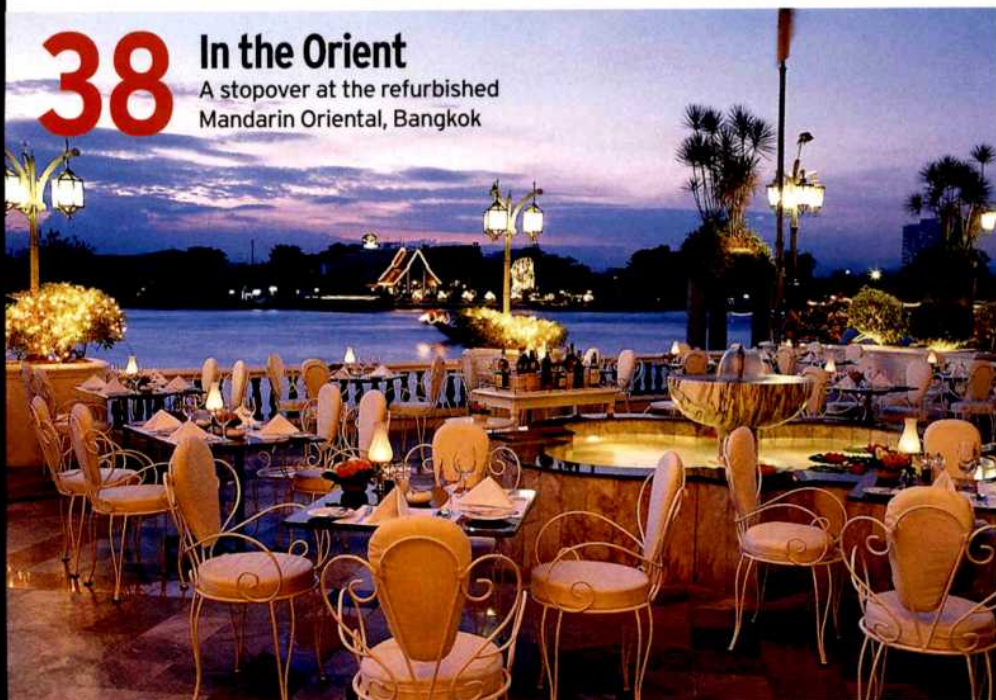
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MANUAL

DO-IT-YOURSELF GUIDE

Indian in Spirit | Michael McSorley of the Hyatt Regency, New Delhi, brings the Indian kitchen alive through his inventive cocktails

Mixology is an unpredictable, eccentric discourse. Blending ingredients which contrast in flavour and consistency, is often accompanied by the challenge of good taste. At Hyatt Regency's Polo Lounge, the man behind the bar tackles this by striking a chord between molecular chemistry and ancient traditions. Here's his take on using Indian spices and condiments in cocktails.

Drawing Inspiration

Before you try and create your own concoctions, use a classic cocktail for reference. Make the Old Fashioned, which features the three main taste notes, sugar, bitter and citrus. Add 60 ml of bourbon whisky, 10 ml of sugar syrup and 1 to 5 dashes of angostura bitters in a glass partially filled with ice. Now, twist an orange or lemon peel into the drink, gently diffusing its flavourful aromas. Let the ice melt for 30 seconds, stir and serve.

The Substitution Paradigm

Use the Old Fashioned as a reference point and recreate by replacing each ingredient. Substitute the whisky with dark rum, sugar syrup with ginger syrup and use cinnamon extract instead of bitters. For garnishing, use candied ginger available in the market or cherries dipped in brandy or cognac (winter favourites).

Modus Operandi

Turning fresh or toasted spices into usable cocktail ingredients is simpler than it sounds. Letting the sizeable amount of spices sleep in the spirit of



your choice for a week, or two, makes the drink rich. The solid spices can be taken out and used as aromatic bitters. Simmer the spice of your choice in sugar syrup for a couple of minutes and create a flavourful addition for any hard drink.

Spice of your Life

Each spice is unique and requires a different procedure. Strong ones like star anise, dried red chillies, cinnamon and cardamom pods have a firm woody texture and should be cooked or infused for a longer time than lighter fresh herbs like basil, thyme and mint. Adding white or black pep-

per will give the concoction a pungent tinge. Use a couple of saffron threads to add colour and a handful of roasted cloves for freshness. While rare in Asia, the Jamaican allspice berry can be used for a heady fruit buzz.

The Tea-Totaler

Teas blend equally well in spirits, as they do in hot water. Choose aromatic herbal variants like honey jasmine, mango, ginger and citrusy orange and lemon ones. Simmer teas in sugar syrup or soak tea bags in liquors. Since tea enhances the bitter flavours of spirits, keep tasting your mixture through the process.

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SETTING UP YOUR HUMIDOR

Kajal Malhotra, CEO and MD, Kreative Marketing, specialises in crafting and furnishing humidors. Here's her guide to setting up your own.

Types of Humidors

For the desktop Crafted with cedar, a wood without a fragrance of its own, it retains the aromas of cigars, which tend to absorb any external smell. It is fitted with an oasis for humidity and a hygrometer to measure it. The correct humidity should be set between 65 to 75%. Priced between 17,000 to 35,000, this is the most popular

Cupboard Humidor It can stock anything from 5 to 100 boxes with moisture that's machine controlled from 65 to 70%. It will cost you anything upwards of 75,000

depending on style and size.

Traveller's Cigar Box The easy to carry box stores from 5 to 20 stogies and keeps the cigar moist and fresh in its leather finishing. Price 3,800 to 5,500

Stocking up

There are 5 traditional sizes of cigars which any collection should have. These include Churchill, Torpedo, Robusto, Corona and Petit Corona. Cuba's Cohiba, Dominican Republic's Arturo Fuente and ITC'S Armenteros are also popular

Accessorising

The cutting can be done with clip and scissor cutters and the lighting is best done with a long matchstick or a candle. A lighter works only if it's a butane one.

CRASH COURSE

Sunil Chandna, CEO of Stellar Data Recovery, Gurgaon, on saving your hard drive after your laptop has crashed.

Do's Stay Calm and take note of your system's working for later reference. Check power connectivity, accessibility of data and take immediate backup. In case of a clicking or grinding noise, turn off your system immediately to avoid any data loss. Such a noise follows from damage of the hard drive, from an intense shock due to dropping, or a scratch. External drives should be double checked by connecting to other systems, ruling out the possibility of a malfunction within the drive.

Don'ts Looking for home remedies like freezing, heating or opening it up will further damage the drive and dim chances of any data retrieval. Browsing the internet on an affected system will save the cache to the drive and cause data loss. An impatient continuous clicking doesn't work and in fact makes the data irrecoverable.

Quick Tips Take a back up as soon as you notice signs like unusual clicking, grinding or scraping sounds, or a slow writing and rebooting speed.





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Sound Advice

In a world where the balance between work and play is hard to come by, stress takes its toll. Use music to soothe those tattered nerves.

Sound Therapy

Most yoga, meditation and massage treatments begin with a reverberating sound, be it a sacred chant, or a traditional chime of metallic bells and bowls. According to ancient Indian medicine, our body operates through a movement of various *chakras*, with one for each part of the body. The purpose of music is to unite and harmonise *chakras* and improve the body's internal balance. So, focussing your energy on meditational sounds early in the morning brings mental strength and peace.

Playing Along

The only thing better than listening to music, is creating it. Choose an instrument and instead of taking a class, decipher it on your own through CDs and guides. This is mentally engaging and improves concentration.

Playlist Phenomena

When building your song database, make sure there's a song for every mood. In this way, music becomes part of your highs and lows, and helps you get through tough times easily.

BUDGET YOUR LONG HOLIDAY

Keyur Joshi, Co-Founder and COO, MakeMyTrip tells you how best to plan your ideal vacation in the lowest possible budget.

Don't be a passive tourist, when you can be a discerning traveller. To get a fair idea of shopping promotions, cheap flights, and hotel deals, install travel apps on your Smartphone and learn from other's experiences through blogs and rating based online portals.

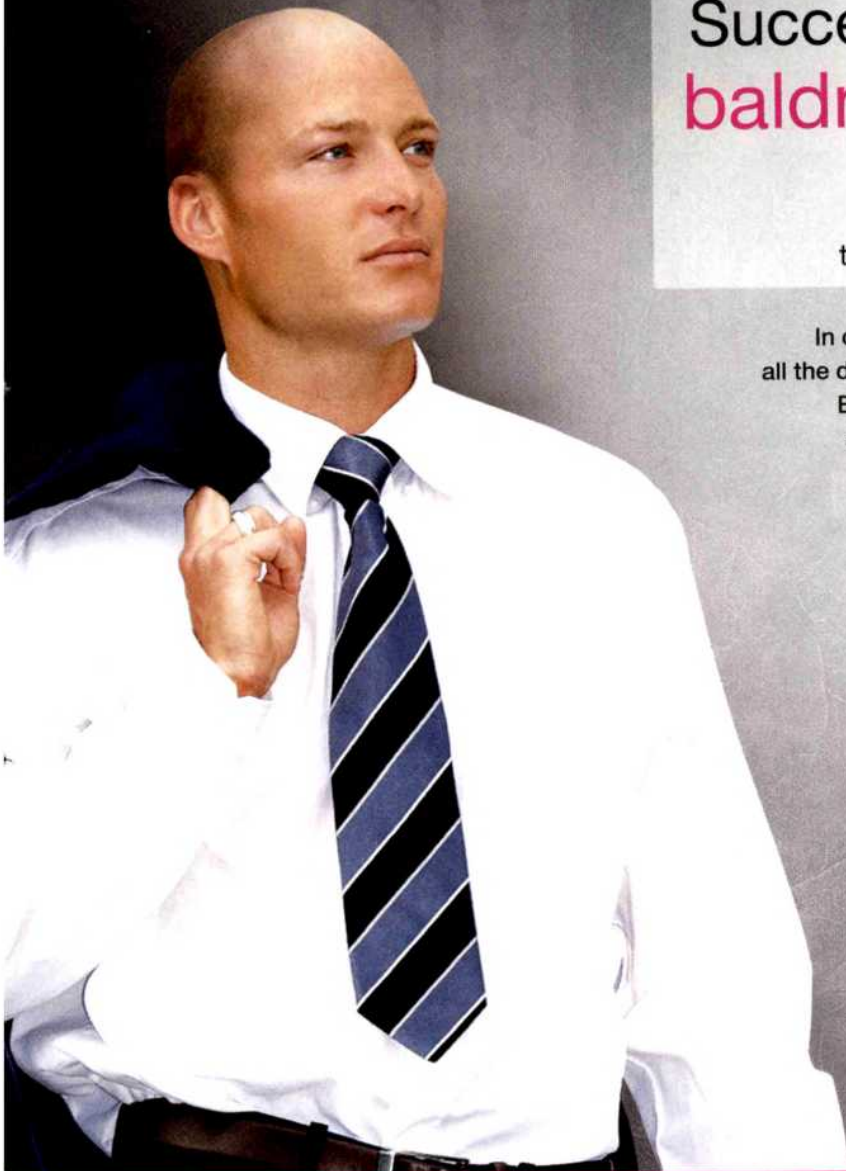
Saving the Day

Travel portals offer value deals on early bookings so it's advisable to book early. If the airfare is too expensive, alter travel plans to save or change your city of arrival to the next closest port of arrival, which may cost less. For instance, if the ticket to

Zurich is too expensive then opt to land in Venice and then head to Zurich by rail or road. This reduces your expenditure and enhances your travel experience. While visiting multiple cities, travel by night to save on lodging. **Holiday Home**

There are backpacker's and youth hostels everywhere you go. If you're travelling alone then consider sharing the room with someone, after you make sure there's a locker available for your valuables. Even for families, cheap hotels make sense because your time is best spent outdoors. In most European countries, backpackers are welcome in people's homes. Set up your profile online and seek recommendations from fellow travellers.





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It's Time For Asia

This year's World Travel Awards are testimony to the shift in global attention towards Asia. Entries from the continent swept the accolades.

After almost 20 years in the running, the World Travel Awards has established itself as the ultimate authority in global travel and hospitality. This year, a total of about 210,000 travel industry professionals and consumers from around the world cast their votes and bestowed India with the big prize of the World's Leading Destination. Asia and the Middle

East hogged the top spot in several categories with a long list of prizes. The Jumeirah at Etihad Towers won the first prize as the world's leading new hotel, while Qatar won big with Doha voted as the world's leading business travel destination, Qatar Airways for being the leading airline for business class travel, and Regency Travel & Tours won the



world's leading travel agency award. Korean Air was voted most innovative airline, Cathay Pacific won for its economy class, and Singapore's Changi Airport won best airport for the third consecutive year. The world of luxury now has a new global address, and with each passing year it's scaling new heights.

Made To Measure

British fashion house Alexander McQueen is the latest to jump aboard the bespoke bandwagon. Restricting this new service to a male clientele, the brand's customised made-to-measure wing will be launched in June at the brand's flagship store on London's Bond Street. The initiative is a result of the partnership between the clothing brand and tailor, Huntsman, and the bespoke coat costs up to £4,500. Customers will have the option of choosing between a single-breasted dinner jacket, a black cashmere double-breasted overcoat and a black-and-white Prince of Wales check suit, where each piece will be completed within 12 weeks.

Dubai is gearing up to give Vegas a run for its money. A UAE-based development firm, the Al Habtoor Group, has rolled out plans to build a triple-hotel complex in the heart of the Emirate as part of a \$1.3 billion project. Aside from 1,600 rooms, the complex will house a luxury spa, multiple restaurants and banquet facilities.

**HABTOOR
PALACE,
DUBAI**

The BT More Playlist

NEW RELEASES



Miike Snow, Happy To You

While some tracks on the new album have that signature Snow sound, they also feature infectious beats and a disco-laced feel.



Madonna, M.D.N.A.

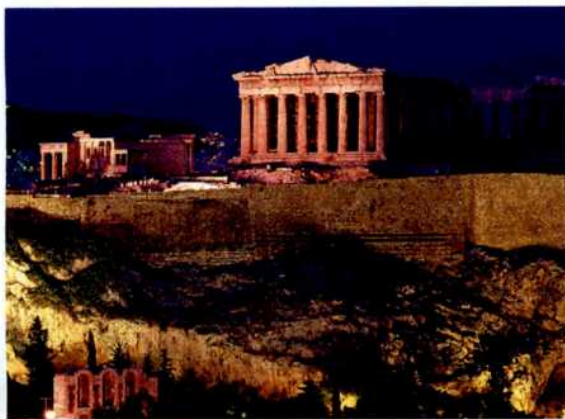
The singer's 12th studio album will be releasing this spring. After the release, Madonna will head out on a world tour to promote the record.

Kaiser Chiefs Start The Revolution Without Me

The band's fifth studio album, this one is a remake of their previous album and hits stores on 6 March. Get ready for a fresh sound from the band.

The Acropolis For Rent

Over the past year, the crisis in Greece has brought its economy down on its knees. In a bid to change the situation, the culture ministry has decided to open up some of the country's invaluable archaeological sites to the public with the hope of generating revenue. By facilitating access to the country's ancient Greek ruins, the drowning government is hoping to work itself out of the ditch it's in. These historical sites will grant access to advertising firms and explore other options to commercialise the historic locations. While many historians are against this decision and worry that it could cause irreparable damage to these ancient treasures, the ministry is hoping that the money generated would in turn fund the upkeep and monitoring of these sites. The Acropolis will be the first such venue to go public. A commercial firm would have access to it for as little as \$2,000 per day, though measures taken by the Ministry of Culture assure that such access will be in keeping with extremely stringent conditions. Though it's heartbreaking for locals to witness these extreme measures, here's hoping their efforts are not in vain.



R CHIEFS



Paul Van Dyk, Evolution One of the most influential electronic music artists, PVD will play at a new venue in London to launch his album.



The Shins, Port Of Morrow The band's first release since 2007, this next album is produced by Greg Kurstin and James Mercer. Tune in.



6 Things to do this month

DUBAI ART FAIR The leading international art fair of the Middle East/North Africa/South Asia region; its sixth edition will take place between 21 to 24 March. Alongside a stellar selection of international galleries, it will feature an innovative programme of talks, projects and educational initiatives.

Website ArtDubai.ae



HEINEKEN REGATTA The Heineken Sint Maarten Regatta is a yacht race held every year in the Caribbean. Renowned for its world class racing and high energy parties, 2012 will celebrate the 32nd edition of this event.

With the competition growing stronger

each year, and over 40 countries participating from 1 to 4 March, the event is a good mix of fun, talent and soaring levels of adrenaline. A must-attend for both sailors and sailing enthusiasts alike.

Website HeinekenRegatta.com



INTERNATIONAL YOGA FESTIVAL This annual event is organised in partnership between Uttarakhand Tourism and the Parmarth Niketan Ashram in Rishikesh. Held from March 1 to 7, participants will be part of over 70 hours of yoga lessons and get to interact with some of the biggest names from the world of yoga.

Website InternationalYogaFestival.com

BRUSSELCIOUS 2012 This year-long food festival in Brussels is quirky and ambitious. With venues across the city, events include a gourmet tour aboard a tram, dining in the sky, a tour of the best frites in town, and many more such innovative gourmet activities.

Website VisitBrussels.be



CHEL TENHAM FESTIVAL The Festival at Cheltenham is the world's biggest global event in jump racing. It entails four days of fun and suspense, against the backdrop of the scenic Cotswold hills. It features a cast of the very best show horses, jockeys and trainers; all playing to a audience of about 220,000 people.

Held over three days from 13 to 16 March.

Website Cheltenham.co.uk

LA FASHION WEEK This annual fashion extravaganza will be held this year between 9 and 16 March. Featuring the top names in design, fashion and modelling, it showcases the freshest trends.

Website FashionWeekLA.com



BT More bikes





THE STORY OF VINTAGE BIKES

The past, present and future of India's relationship with the world's most inspiring motorbikes. **BY R PALLAVI**

The wind doesn't dare hold you back. The dust rises and settles at your command and the never ending stretch of road is yours to conquer. The prime reason why the motorcycle reigns supreme is the free will it lets the rider execute. Whooshing past freeways and kissing the ground on an occasional hair-pin bend, you sense a pounding heart and a gasping breath and feel blessed when you realise it's your own. In the existential angst we call life, riding comes close to flying in dreams. For purists though, a bike is only bested by a vintage bike which has been time-tested.

Mounted atop a skeletonised mean machine from yesteryear, the rider lives out Marlin Brando's rebellious streak from *The Wild One* and mimics John Stamos' military masculinity from *Born to Ride*, and still retains an envied character of his own.

In the beginning of the 20th century

British officials began shipping their bikes into India, for use during their tenure. Rarity translated into exclusivity and they struck good bargains with royalty and rich merchants. This was the period around the first World War, when airplanes and tanks were the order of the day and the motor industry was taking its first, but sizeable, leap. The English were only happy to sell off their Nortons, BSAs and Triumphs and move up to advanced models back home. Although limited to a moneyed few, India's tryst with motorbikes had been thrown into gear.

In 1955, the Indian government ordered a few hundred Royal Enfield, to help the army and police grapple with the North East's weathered terrain. This popularised the trend and attached to the bikes radical metaphors of austerity and fearlessness that people loved relating to. But, the concept wasn't quite embedded in the country's



cultural conscience until the post Nehruvian era of the 60s and 70s. The age revelled in its new found cultural modernity, arising from an unparalleled exposure to international culture through books, movies and music; this time more American than British. So, whether it was the king of rock n' roll flashing around his metallic Harley in Vegas or a Cuban revolutionary's historic motorcycle trek through South America, a contemporary youth culture was taking shape.

Today, the Indian auto industry tells a story of speed and mileage. With Hondas and Kawasakis springing out of the far east, each time with

sharper and fiercer models, bikes are judged more on performance than feel. Still, a closely woven vintage auto industry takes pride in keeping classics roadworthy.

Given their presence in Indian

Indians started collecting these rare machines and Gurgaon based entrepreneur and aficionado Madan Mohan, has sourced vintage beauties like the Velocette (1911) and Ariel (1930) from royalty and is

GIVEN THEIR RARITY, IMPORT IS STRICTLY MONITORED. YOU SHOULD SOURCE SPARE PARTS FROM AUTHORISED DEALERS WHO ACQUIRE THEM IN BULK.

history, passion for classic bikes is focused on American and British models. Owing to their giant highways, Americans clamoured for bulky dirt bikes, while the Brit bikes were assembled for riding through narrow European streets. Several

someone who understands the industry well. According to him, British bikes were cheaper and more easily available and the trend to buy them continues even today. 'While the American bikes like Indian Chief 1300cc(1951) and

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Scout 750cc(1930) cost up to ₹35 lakh in their restored state, the English Norton(1920) and Bullet(1955) can be acquired for about ₹7 to ₹8 lakh'. On the question of pricing, Ved Prakash, a third generation dealer of vintage bikes based in New Delhi adds that restoration is the main expenditure and is far less tedious if the company is still in operation. 'This makes it easier to source parts and find trained mechanics. So, while an Indian takes ₹1.5 to ₹2 lakh, a Royal Enfield can be road ready for approximately ₹50,000.

Prakash adds, 'There's a huge demand for rare chunky bikes like BSA 650cc(1949), Triumph Twin Cylinder 600cc(1956) and Triumph 350cc military model(1940)'. Interestingly, most buyers pick up scrap and conserve and customise in their unique style. There are restorers across the country. The well known and most experienced ones are Manvendra Singh Barwani in Indore, Rishad Kundanmal in Mumbai and Tutu Dhawan in New Delhi.

The main challenge of restoration, according to Dhawan, arises from the fact that most manufacturers have died out and modern mechanics find it hard to get a grip of the workings. The experts in the market today have been around for decades and put years of experience to use. In fact, they take up to two years to educate their mechanics, a practice that might end up preserving history one day.

The question of investment is a complex discourse. While purists like Madan Mohan like to be referred to as collectors with a penchant for rare bikes, restorers like Tutu Dhawan recommend it as a viable business. In Mohan's defence, this is a closed market of collectors who don't wish to sell, and restorers who can't work on more than 2 to 3 bikes in a year. In such a landscape, sourcing functional

Previous page The Harley Road King classic 2008 is reminiscent of American police bikes from the 70s. **Right** The exposed workings of military machines lent them their much-admired rugged character





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A 1922 Norton 500 finds a home in a vintage-themed restaurant in Gurgaon, Haryana

PHOTO: RAJWANT RAWAT

machines becomes difficult. Since you need to wait a minimum of three years for its value to appreciate, you also land up incurring a fair amount of maintenance cost. The motivation for nurturing a rare beauty won't come as naturally to a

Lightning(1968) was available for a mere ₹40,000, today it costs nothing less than ₹4 lakh. Also, maintenance depends on the quality of restoration. An elaborate job with attention to detail will reduce the cost drastically.

THERE'S AN UPSURGE OF VINTAGE CAR AND BIKE RALLIES ACROSS THE COUNTRY. THIS IS A GREAT WAY TO INSTILL CURIOSITY AND KEEP THE CULTURE ALIVE

business driven mind. For instance, it's difficult to maintain a Douglas (1920), which features a belt instead of a chain, has wooden breaks and a light that comes on with the flame of a match stick.

Dhawan, on the other hand, considers vintage bikes a viable investment. He points to sale statistics which indicate a steep appreciation in prices. In early 2000s, a restored BSA

Since engines are only available with handful of stockists, enthusiasts acquire antique grid shells, fit them with modern engines and spray on the war paint. The speed monster will now be ready to cross the 100 kilometres per year barrier; a strict prescription for an even longer life of any vintage vehicle.

Since most manufacturers are based in Delhi, Mumbai or Kolkata, collectors in smaller cities find it

harder. Edwin Peter, a Coimbatore based collector wilts at his need to make multiple trips to the metros each year, to source parts and seek assistance for restoring a bike.

On the brighter side, there's an upsurge of corporate funded vintage bike and car rallies, where bikes from around the country are showcased. The prominent ones include the annual Haig Vintage Car and Bike rally at Kala Ghoda, Mumbai, and the star studded Western India Automobile Association (WIAA) where Gautam Singhania's beauties share space with Vijay Mallya's. The tradition is also kept ticking through exclusive interest groups like the Heritage Motoring Club of India.

It takes a vintage bike and a passionate rider to learn life's quintessential lesson, the journey is more intriguing and inspiring than the destination after all. ■

CLEAN Machines

» Electric and hybrid cars have long held hope for a pollution-free ride. A bunch of new machines that featured at this year's Delhi Auto Expo keep that promise alive. **by Pierre Mario Fitter**

You will never forget your drive in an electric car. The engine does not shudder to life. In fact, electric cars have no engine. You don't 'shift it into first' or 'put it in drive'. Electric cars have no gear box. And there's no jerk as you tap the accelerator.

What's more, electrics cost very little to run. Reva, the only Indian electric carmaker, claims a drive from Connaught Place to Delhi's Airport will cost just ₹10. A petrol car that goes 15 kilometres a litre would cost roughly 6.5 times that. Oh, and there's that big benefit of zero tailpipe emissions.

But that's where the virtues end. The word tailpipe is a crucial quali-

fier for electric cars since most of India's power, that charges the batteries, comes from coal. As it is there's barely enough to power our homes. Electric cars also have limited range and need long recharges every 100 kilometres. Impractical for long drives.

That brings us to the next best thing. Hybrids marry the range and speed of a petrol car with the 'green cred' of an electric. The world's best known hybrid, Toyota's Prius, combines a 98-hp petrol engine with an 36-hp electric motor. That's enough to take the car to 170 kmph and a range of 960 km.

But hybrids are pricey. In addition, not a single car maker builds

them in India. Import duties effectively double the cost.

That leaves CNG, the cheapest 'green cars' you can buy in India. These cost less to drive than petrol and diesel cars and emit less pollution too. The problem is getting a refill. In fact, even finding a CNG station is like playing a city-wide game of treasure hunt.

Even though eco-friendly cars are far from mainstream, the signs are encouraging. This year's Delhi Auto Expo had a special focus on green cars and auto technology. Car makers obliged by putting on some exciting concepts and production models. Here's a look at what could be in showrooms in the near future.



Reva NXR

The first thing you notice about Reva's brand new model is that it looks nothing like its predecessor. The dinky car silhouette has given way to sharper lines and muscular side-panels, courtesy DC Design. There's even more space in the back, which only fit a few shopping bags till now. Under the hood, better batteries, power management and algorithms have doubled the Reva's range to a respectable 160 kms. The car itself can go up to 104 km/hr. The problem is the price. The new battery options could almost double the current ₹3.5 lakh pricetag.



VW XL-1

Yes, it's still a concept, and it may be a bit too futuristic for your taste but who's complaining? Believe it or not it once went an unbelievable 100 kilometres on less than a litre of fuel.

The XL-1, Volkswagen's hybrid concept, is by a very large margin the most fuel-efficient thing on four wheels. VW says it will have the car available for the mass market within two years. The XL-1 currently features a 47 hp, 800 cc engine and a 27 hp electric motor. Its 8.3 litre fuel tank is good enough for a 540 kilometre ride (when it isn't trying to set records). If VW gets the price right, this one's a winner!

Hero Leap

If the already pocket-friendly mileage of a scooter wasn't enough, Hero MotoCorp decided to go further. The Leap hybrid scooter features an electric motor and a petrol engine. Few details are available about the scooter other than it obviously features front disc brakes and an elongated telescopic suspension. Both should combine well for some sharp handling. Currently, Indian two-wheeler manufacturers offer only all-petrol or all-electric bikes. The leap will be India's first hybrid two-wheeler. Hero MotoCorp collaborated with several foreign consultants and has applied for a number of patent and design registrations for the Leap.



Nissan Leaf

Think of it as the refined, slightly larger European cousin of the Reva. Launched in 2010, the Nissan Leaf is already one of the best selling electric cars in the world. For starters, it has four doors to the Reva's two, which of course means more space. A full battery charge will take you about 175 kilometres. In other words, you could go all the way from Mumbai to Pune and then some before needing a recharge. The downside is it costs three times more than the Reva NXR. And that's before import duties. No one said being green was cheap. Not for the moment, anyway.



Peugeot 3008 hybrid

Peugeot never really made a name for itself in the Indian market. That shouldn't stop us from acknowledging what is arguably the best-looking green car of Auto Expo 2012.

The muscular lines and those gleaming LED lamps add a welcome, sporty edge to what is the world's first mass-market diesel hybrid.

Combined with the electric motor, the 2.0 litre diesel powerplant will put out a very robust 200 bhp. Another amazing stat: it will need just 3.8 litres to go 100 km.

Tata Manza hybrid

The Tata Manza hybrid concept is a strong Indian response to what is largely an international carmakers game. Popular for its spacious rear seats, this hybrid concept features a 1.05 litre CRDI diesel engine and a 45 kw electric motor. The engineers claim that the solar panel on the roof can help in recharging the lithium-ion batteries. What's more likely is it will be used for the radio and cabin lights, which don't need as much power. In theory, running on a full 44 litre tank of diesel and assisted its electric motor, the hybrid Manza could go 1,000 kilometres.



Cars of the Future

» He has spent a lifetime racing and reviewing vehicles and is widely considered one of the auto world's most knowledgeable men. Tiff Needell does some crystal ball gazing on the future of cars.



TIFF NEEDELL

Former racing driver, television presenter and host of Channel Five's *Fifth Gear*

After 25 years of testing cars for television—fifteen on *Top Gear* and now ten on *Fifth Gear*—there is a growing problem, there are fewer and fewer bad cars on the market. Now I know this should be a good thing, and it is for everyone out there who wants to buy a car but it's not when you want when trying to make entertaining television programmes.

While it's always nice to heap wild praise on a car for its brilliant looks or stunning performance the fact is that we need some 'less perfect' cars on the market, and the occasional really bad

one, in order to make the good ones stand out and our job of picking the best a simpler task.

But now, asked whether I'd go for the Ferrari or the Lamborghini or the McLaren it's hard to say. Do you want the Audi or the BMW, the Jaguar or the Mercedes? Well I'm no longer so sure. What I do still know though is that I never tire of trying to find out.

With the world changing so fast these days it's also not easy to keep up with all the latest tricks, gadgets and gizmos that car manufacturers are cramming into their designs. When I won the 1985 Bangalore Grand Prix driving for Vijay Mallya we simply raced up and down a disused airstrip. In sharp contrast today, the Indian Grand Prix takes place on the most up to date and magnificent Buddh International Circuit, yet sometimes the old, simpler world seems more rewarding!

So, if the last 25 years have seen so much change, what can we expect from the next? Hit films like *Back to the Future II* and *Blade Runner* both

predicted that we would have flying cars by the end of this decade but I'd be surprised if they are even running by the end of this century. The world is moving fast but the thought of millions of us traversing this way and that, up in the air, doesn't bear thinking about; we have trouble enough avoiding each other on the ground.

Cars are going to be with us for a long time to come and the major advances are going to be in what powers them and how they get around. I can certainly see some sort of satellite guided super highway developing in the future, where you drive onto a major route and then the car will drive itself until your exit point but to expand that network to every road in the land





Top A prototype of Paul Moller's Skycar M400
Left BMW's 'no-hands' driving concept

sounds like a major recipe for disaster. So our cars will always need to be able to be driven by us.

But what will power them? Well I have no doubt that both petrol and diesel will be in plentiful supply for way longer than all the doomsayers of today love to predict and then there are the second generation cellulosic biofuels that can be created from waste products to take their place and power the very same internal combustion engines

as we have today. So the power plants that most of us use now are going to be around for a long time to come.

Of course you may believe the emissions from these very engines is causing the climate change that we are currently experiencing, or you may just want better air quality in towns and cities, in which case you'll be looking at the development of electric cars, or hydrogen fuel cells or maybe even solar power. Every day you hear of some new project under development so there are definitely exciting times ahead!

But the one thing I can't see

changing is that, whatever we drive, we'll still need a steering wheel and a driver. Unfortunately this means that we'll still be bumping into each other every now and again but fortunately modern designs are providing ever improving protection in the case of accidents to try and keep us safe.

I just hope that, whatever the shape cars of the future take, we will at least be left to choose whatever form of car we prefer to use so that the freedom the motor car has brought to the world remains one of the great benefits of the last hundred years of our evolution. ■

BT More super cars



Super Car Sundays

Come to Mumbai's Mahalaxmi race course on a weekend morning and you'll likely see jockeys preparing their horses for a race or club members enjoying a run around the track. There's a sense of tranquillity about the setting. A sense that was broken on a Sunday in late January as hordes of Mumbaikars descended onto this quiet patch of green.

They all came for the Parx Super Car Show. Now into its fourth edition, the show was bigger and better than be-

fore. The big change was the venue. In earlier years, Kala Ghoda provided an unrestricted view of the cars, but was simply too small for the added numbers participating this year. More than 80 cars took part in the drive through town; a hugely successful turnout for the Super Car Club (SCC).

The course began at the race track and wound down Marine Drive to Nariman Point. Then the cars turned around to head up past Teen Batti, Warden Road, Breach Candy and Haji

Ali. From there, they zoomed across Worli Sea Face before making their way to the Bandra-Worli sea link.

Here, hundreds of spectators grabbed an otherwise rare chance to stop their cars on the bridge for a glimpse of these beauties. Once off the sea link, the participants made their way past the airport at Kalina before heading all the way back to Mahalaxmi for a relaxing afternoon.

"The enthusiastic crowds make the effort worth it," said Gautam Singhania,



Mumbaikars thronged Mahalaxmi racecourse and the city's streets this January to catch a glimpse of the world's fastest, most powerful machines at the Parx Super Car Show. **By Anamika Butalia**

CMD of Raymond. "It has taken six months and a 30-member team to pull it off. Since its inception, this has been the most successful and well-managed show we have put together". Singhania, who drove his signature orange Lamborghini, slowed down often to acknowledge the crowd.

Sitting beside him was one of the legends of supercars. Valentino Balboni is best known for his former day job—test driving Lamborghinis for the Italian supercar marque. When government

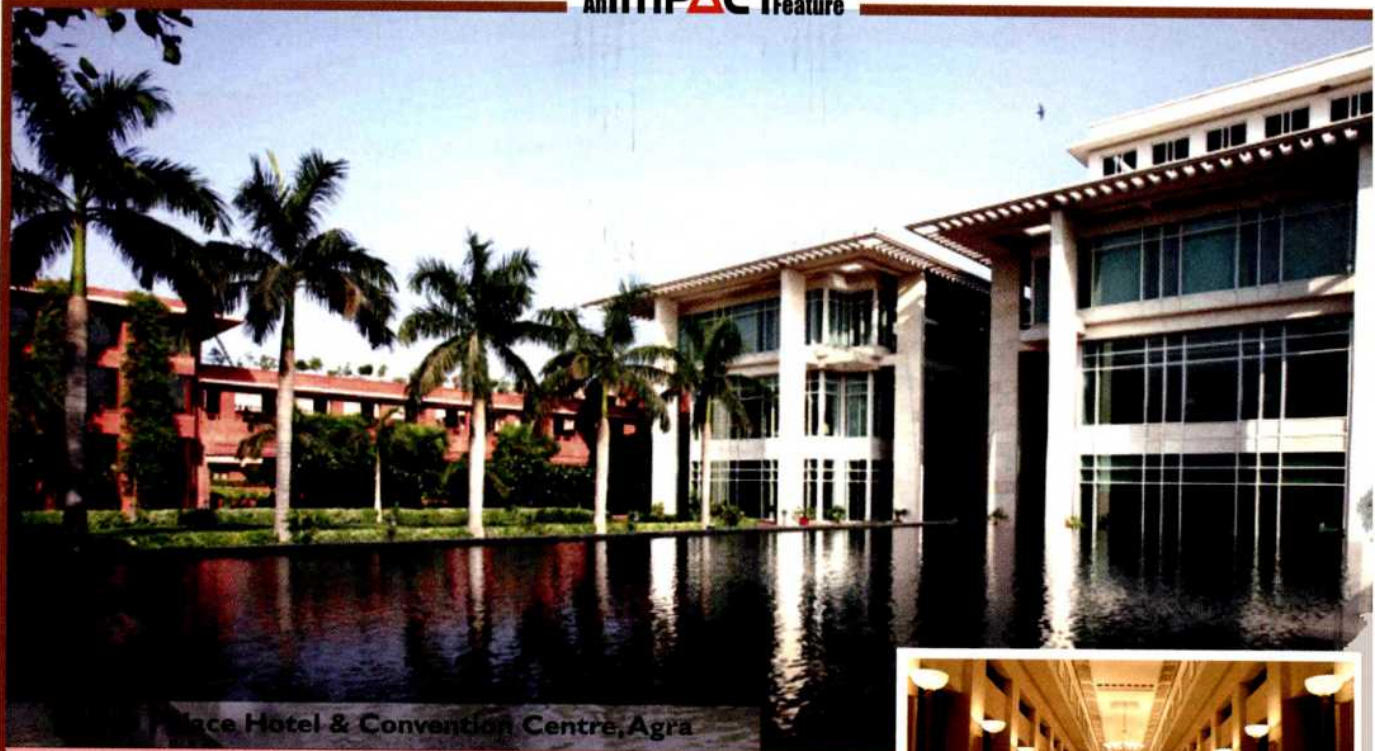
rules forced him to retire after working 40 years, the company paid him the best tribute possible. They called their new Gallardo the *LP550-2 Valentino Balboni*. And since age hasn't really slowed him down, Lamborghini still has the mechanic-turned-driving-legend on a renewable consulting contract.

Balboni's presence at the Parx Super Car Show was thus quite a coup for what is one of the world's youngest supercar clubs. Not only did he flag off the drive, but also spent the morning in

Singhania's Lamborghini.

Lambos weren't the only supercars out that Sunday. They were joined by a handful of Jaguars, Ferraris, Bentleys, Porsches, an Ariel Atom, Aston Martins, BMWs and a Mercedes-Benz SLS AMG.

Singhania, as founding chairman of the Super Car Club, closed the event by announcing the winners of the most desirable car awards. This year, the honours were taken by a Jaguar XVRJ, an Aston Martin V8 and a Bentley Continental Super Sports. ■



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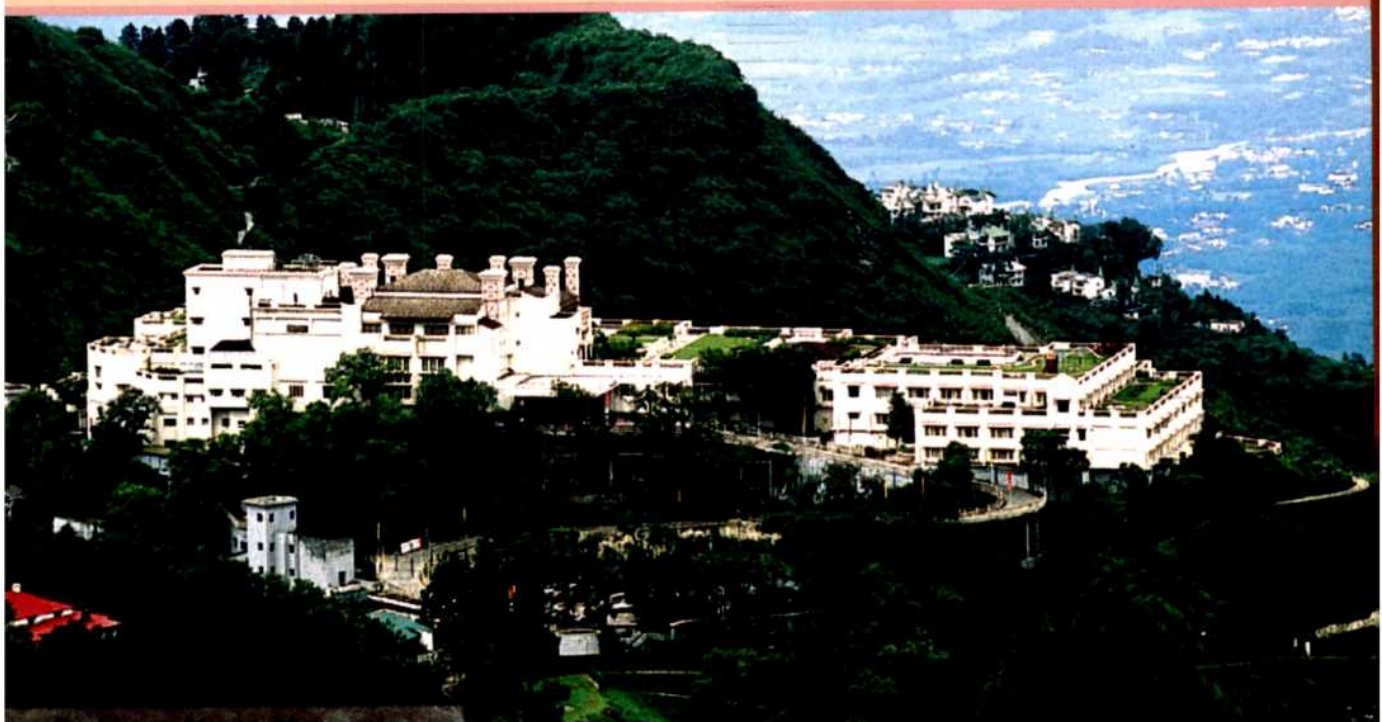
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LONDON BLACK CAB

Though cabs in London now come in a bunch of other colours, the original black cabs are still officially known as Hackney Carriages and have been seen on London roads since the early 60s.

Call a Cab



» Whether it's a speedboat slicing through Venice's Canal Grande or the noisy rattle of a ride in a south-east Asian tuk tuk, these iconic modes of public transport are the essence of their cities. Find out how to make your way across today's cityscapes. **By Hitani Kaur**

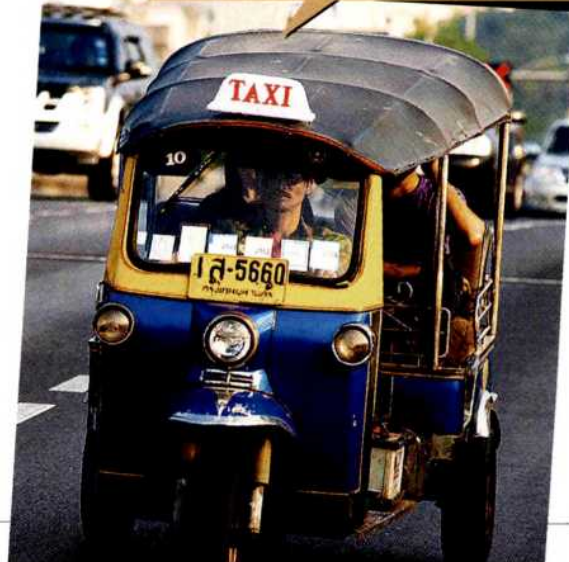


VENICE WATER TAXI

While water buses are a cheaper and more practical mode of transport through Venice's canals, and gondolas are the tourist favourite, nothing spells style like hopping aboard a water-taxi speedboat. It may be one of the more expensive ways to travel in Venice, but they make a compelling style statement.

BANGKOK TUK TUK

A popular and cheap way of getting around, the tuk tuk, or auto rickshaw as it is known, is a popular public carrier in developing countries. This three-wheeler has now been introduced in many Western countries including Germany and the Netherlands.





NEW YORK YELLOW CAB

Nothing says New York like a yellow cab. All officially-approved cabs sport a medallion on the hood, so make sure you look out for these. These medallions are in fact, greatly valued and sometimes cost as much as six figures. Many are passed down as heirlooms from father to son.

MALDIVES SEA PLANE TAXI

One of the most amazing cab rides in the world, these planes seat up to 18 people and serve up to 40 resorts in the region. Not only is this the fastest way to travel within the archipelago, it's also the most convenient way to travel from the international airport in Male to other parts. Book yourself a spot in advance.



HAVANA COCO TAXI

The unconventional egg-shaped coco taxis are also three-wheelers seating passengers within a fiberglass shell. Inexpensive and relatively comfortable, they're perfect for a balmy evening ride in tropical Cuba.

BERLIN CITYCRUISERS

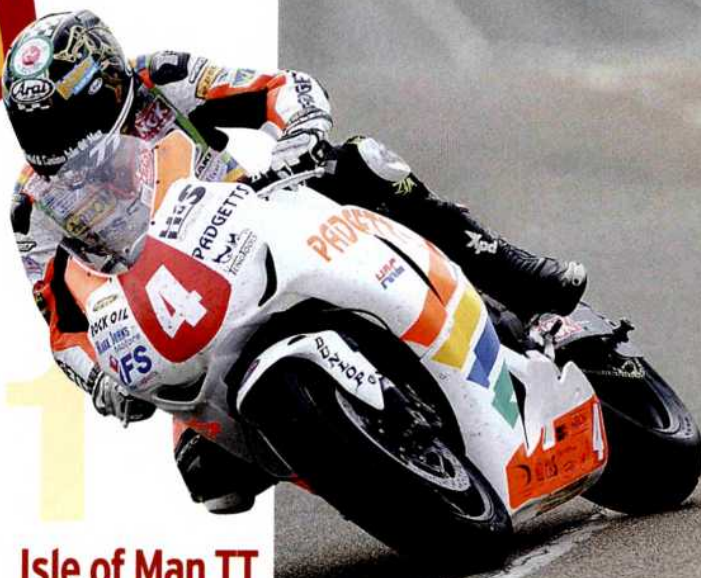
Though these open air taxis only function during the warmer months from April to October, they employ the most environmentally friendly method of travel. They are manually powered and emission-free, but pack a battery-powered engine in case the driver wants a quick break.



Spectacles of Speed

» A round-up of the most phenomenal car and motorbike races from across the globe.
By ANUSHREE BASU-BHALLA

What makes any sporting event, which tackles matters of the moment with generous amounts of torque, great? Is it the legacy or the location, the drivers or the prize purse, fan-following, glamour, adrenaline, or the arduous nature of the course? It is the union of all this and more. So whether it's endurance, rally, tour, Formula 1, or even drag, the thrill of watching a race can awaken the inner Ayrton Senna in the tamest of petrolheads. In our auto special, we bring you the five car and motorbike racing events that together form the heritage of high-octane.



1 Isle of Man TT

Category: Road Race
May 30 - June 10

Each summer, a 32-mile-long island in the Irish Sea turns into a mecca for motorcycling. Riders zoom between houses and past grazing sheep. It's downright crazy. The Isle of Man TT dates back to May 1907 when the first race comprising 10 laps of a 15-mile course was held. Chartie Collier won that event on his single-cylinder Matchless at an average speed of 38.21 mph. The current record is held by John McGuinness who completed the course at an average speed of 131.5 mph.



2 24 Heures de Mans

Category: Endurance
16-17 June

The 1971 Steve McQueen film *Le Mans* best captures the spirit of this legendary 24-hours in the French city Le Mans. Races start at 4pm on Saturday afternoon and end on Sunday evening. Established in 1923, Le Mans presented a different test. Instead of focusing on speed, Le Mans forced car makers to focus on reliability. Companies began to innovate in areas that didn't matter in a shorter race such as fuel-efficiency, engine life and even driver comfort to some extent. After all, victory at Le Mans depended on how long you were out on the track rather than back in the pits.

Dakar Rally

Category: Endurance
January

Sometime in the 1970s, French motorcycleist Thierry Sabine took a wrong turn in the Sahara desert. Instead of panicking he came up with the idea for a race from Paris, France to Dakar, Senegal. His idea bore fruit in 1978 with the inaugural Paris-Dakar rally, a 7000-mile course of mayhem and unpredictability. The event was cancelled in 2008 due to rising security concerns in North Africa. Since then, it has moved to an 8,000 mile course across South America. However, it's still called The Dakar.



Baja 1000

Category: Off-road
November 18

To participate in the Baja 1000, a racer must possess two things: any vehicle (a lawnmower will do!) and a backbone made of titanium. This event defines off-road racing. It's held each fall on Mexico's Baja Peninsula. Back in 1962, Dave Ekins, brother of the famous stuntman Bud Ekins, rode a Honda 950 miles from Tijuana to La Paz to win some attention. He made the journey in just under 40 hours. Five years later Bruce Meyers finished in under 35 hours. This opened the floodgates to further attempts that eventually led to what the Baja 1000 is today.



Monaco Grand Prix

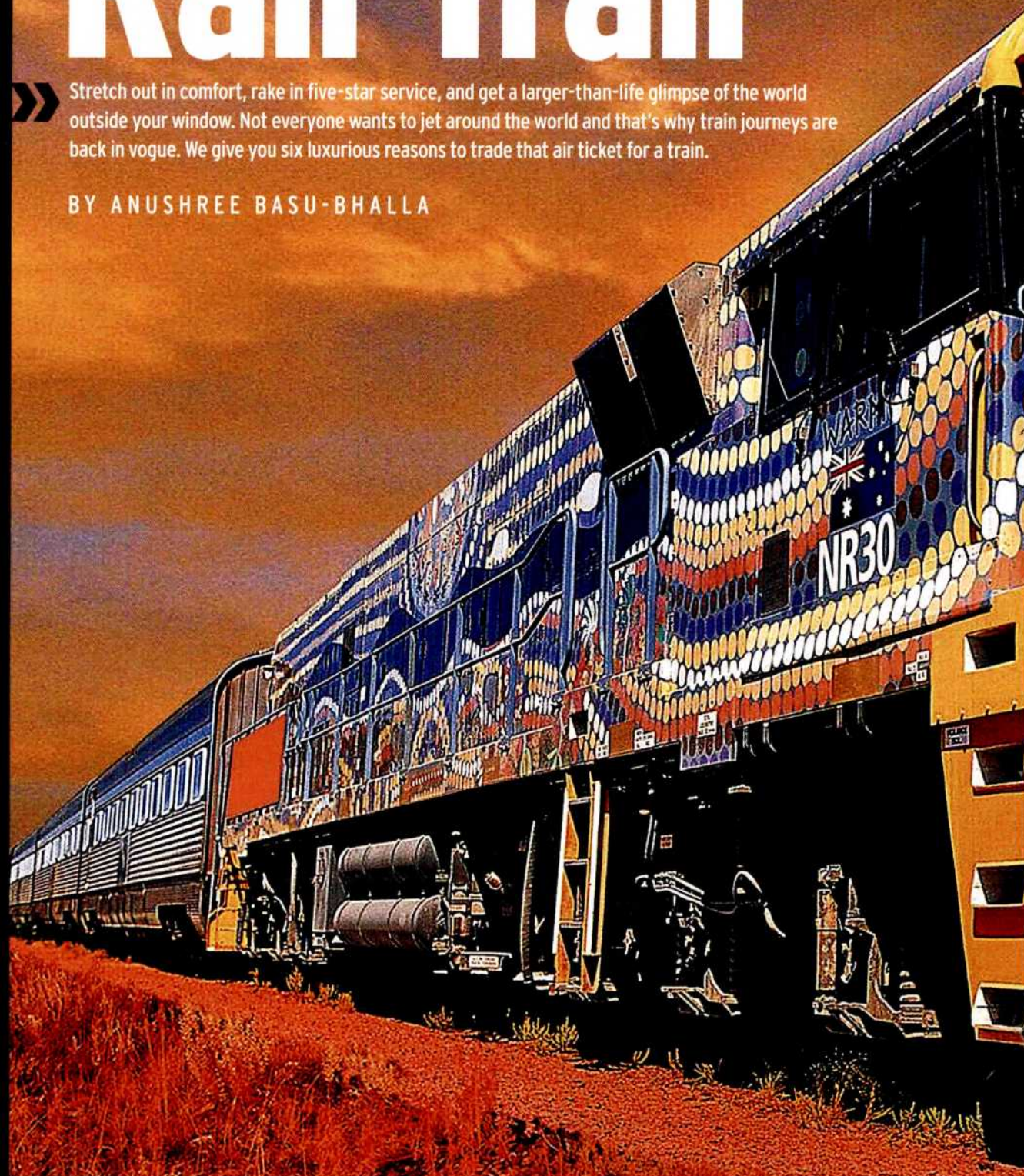
Category: Formula 1
24-27 May

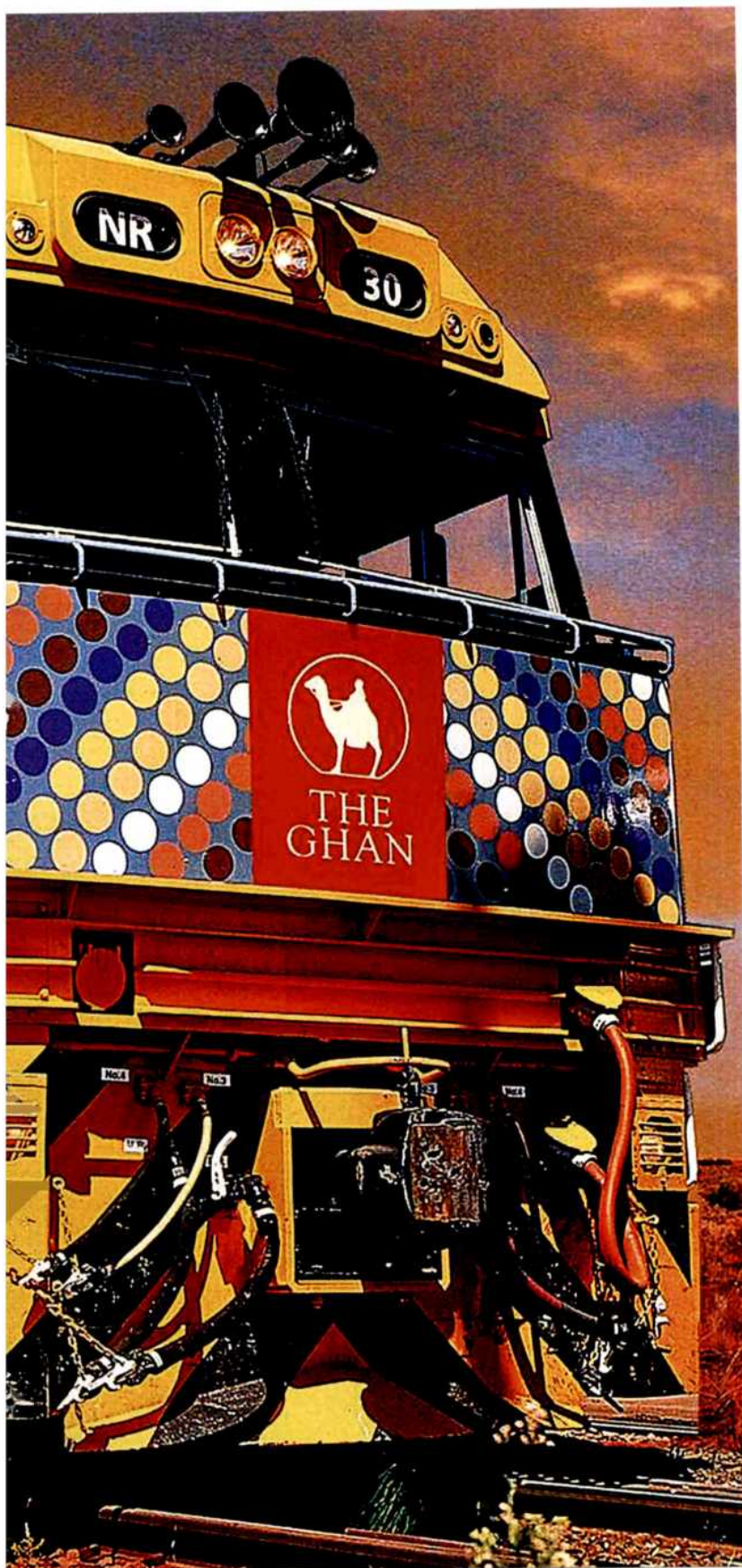
What distinguishes the Monaco GP from other F1 circuits is its location. It may seem like a crackpot street race with its dangerously tight bends and tunnels but the beautiful backdrop of coastal Monte Carlo trumps such concerns. The race owes its existence to Anthony Noghes, former president of Monegasque Car Club and friend of the ruling Grimaldi family, who came up with the idea for the circuit. Since the inaugural race in 1929, Monaco remains one of the most awaited races on the F1 calendar. The narrow streets make overtaking rare, but that makes every attempt all that more thrilling.

Rail Trail

» Stretch out in comfort, rake in five-star service, and get a larger-than-life glimpse of the world outside your window. Not everyone wants to jet around the world and that's why train journeys are back in vogue. We give you six luxurious reasons to trade that air ticket for a train.

BY ANUSHREE BASU-BHALLA





Railroad entrepreneurs were never quitters. When the idea of the first commuter train with sleeping and dining cars was mooted in the 19th century, it seemed like a decadent dream in an era of rattle-bang and rudimentary locomotive transportation. Trains were still a novelty but didn't promise comfort. Mercifully, things changed in 1864, when American inventor and industrialist George Mortimer Pullman introduced Pioneer, famously called 'Hotel Cars'. The still-running Pullman cars are a reminder of this golden age when sleeper and lounge cars delighted travellers with hotel-like interiors and service, and were sheer luxury.

Fast-forward a century and a half, and trains have widened their network, chugged across countries, introduced class barrage, brought slam-doors and pantry cars on board, upgraded to high-speed, and have survived cut-throat competition from road and air travel. While road trips have become more of a horror story than wonder vacation, and low-cost airlines have created a mass market for air travel, the charm of boarding a train remains undiminished for true romantics. There's also a degree of nostalgia attached to train travel with it inevitably being linked to some childhood memory of a missed journey, new friends, shared meals and maybe even a fleeting romance. Letting the train take the strain is also the perfect way to discover a new land—it's fast enough so the scenery constantly changes yet slow enough to stretch every moment.

Here's a global selection of six trains that provide a sepia-tinged return to the leisurely days, when travel was an adventure rather than an irritant; as much about the journey as the destination. So hand the porter your luggage, hop aboard and relive the golden days of railroading through these spectacular journeys.



Royal Scotsman

Travel straight into the heart of the Highlands and enjoy the drama of sweeping glens, towering peaks and mirror-calm lochs. The Royal Scotsman's stately pace allows for plenty of time to reflect and fully-appreciate the beauty outside your window. There are seven itineraries to choose from that range between two and seven days. With space to accommodate just 36 passengers, it's great for those who value an intimate, luxury setting with gourmet, five-star dining, wine-pairing and superior service. All the train's cars, save the 1928-era diner, were originally created in the 1960s, but have been recast in Edwardian style with varnished woods, polished brass and fine fabric. Particularly enchanting is the open-air platform at the rear of the train.

New for 2012 Special Offer: Book a 4-night Classic Journey for the price of the 3-night Western Journey with savings of up to \$1,530 per person. This offer is valid for April, May and October departures. Bookings for the above must be made by March 31, 2012.

Golden Eagle Trans-Siberian

The Trans-Siberian Express is a one-in-a-lifetime train ride—an epic 15-day journey spanning two continents and seven time zones. Apart from being the longest railway tour, covering 6000 miles, this train actually promises a no-better-way to experience Siberia. It plies the famous Trans-Siberian route between Moscow and Vladivostok, as well as special tours of the Silk Road, Russia's Arctic and the Crimea. **New for 2012** Those worried about tight quarters can now book the new, extra-large Imperial suite on the Golden Eagle Trans-Siberian Express. The Imperial Suite is spread across a generous 120 square feet and boasts a luxurious, fixed, king-sized bed and a dedicated sitting area with a dressing table. It also includes a large en-suite shower, under-floor heating, individual air-conditioning, a wardrobe, DVD/CD player, and two large windows. The suite's guests receive a selection of complimentary drinks from the premium bar, complimentary laundry service, and room upgrades to the next available category at selected hotels (depending on trip itinerary). They also have the option of dining in-suite, attended by their private butler.



Venice Simplon-Orient-Express

Stepping aboard the Parisian art deco carriages, one enters a world of espionage, intrigue and romance. The wheels start to turn, and another chapter in the legendary train's story begins to unfold. Wood burning stoves and etched glass panels on board evoke the sophistication from the roaring 1920s. The train owes much of its mystery and intrigue to writer Agatha Christie's detective Hercule Poirot who stepped aboard the train in the novel, *Murder on the Orient Express*. The rest, as they say, is history. Shared bathroom facilities take the gloss off an otherwise glamorous train whose inaugural journey deposited travellers to what was once Europe's wealthiest city, Constantinople. The Venice Simplon-Orient-Express, with its restored, 1920s vintage cars, is arguably the world's most famous luxury train. There are many itineraries to pick from: they include one from Istanbul to Venice, and others that include Venice, Krakow, Dresden, Prague and Paris.

New for 2012 Enjoy two complimentary nights at the Hotel Cipriani in Venice when you book the April 4, 2012 departure from Venice to London or Venice to Paris. This offer includes transfers from the hotel to the rail station and a champagne welcome. Journey must be booked before March 31, 2012.



El Transcantábrico

Spain's El Transcantábrico, a narrow-gauge luxury train, chugs along 800 miles of incredible scenery across Spanish northern coast at a modest speed of 40 mph. The 52-passenger train has six sleepers, each with four double compartments with en-suite facilities. The train is operated by Ferrocarriles Españoles de Vía Estrecha (FEVE), which means Narrow-Gauge Spanish Railways.

New for 2012 The new luxury service, called Gran Lujo, is as indulgent as it gets. It features all Preferente Suites, which take up half a train car and are 129 square feet each. The Preferente Suites have a double bed, long sofa, flat-screen DVD, computer for your private use (wi-fi when in stations) and lots of storage in closets, under the bed, and under the sofa. The Grand Lujo train accommodates only 28 passengers, thereby offering a much more intimate travel experience for discriminating travellers. However, these cabins are also spacious enough to accommodate up to three people.

Pride of Africa

The 14-day trip from Dar Es Salaam to Cape Town onboard Rovos Rail's Pride of Africa is an ambitious itinerary, covering a third of the Africa and 5742 kilometres. This private experience stretches across South Africa and Botswana, touches Zimbabwe at Victoria Falls, and crosses Zambia into Tanzania. From Kimberley's diamonds to a deluxe South African game lodge, from the stunning Victoria Falls Hotel to majestic Great Rift Valley, each day is unique. The Pride of Africa offers interesting equipment, excellent meals with a wide variety of South African wines and friendly on-board service. The coaches have been painstakingly rebuilt with Rhodesian teak. The Pride of Africa also features some of the largest rooms on a train anywhere, with mostly king-sized beds, windows that slide all the way up and a fabulous open-air deck. The two restaurant cars have international menus and the chefs whip up delicious meals. Fresh local ingredients and traditional game dishes are frequently on the menu. Also, each morning, a made-to-order breakfast is served in the diner. Lunch and dinner are multi-course affairs on lovely china, silver and linen. **New for 2012** The Pride of Africa runs between Cape Town and Dar es Salaam six times in 2012, as against four till now. The dates to watch out for are March 12-25; June 30-July 13; Oct. 15-28



Sunlander

The Sunlander is Australia's longest running and most endearing rail journey. It meanders through the best Aussie land has to offer: The Great Barrier Reef, the Kuranda Scenic Railway, the islands of Fraser and the Whitsundays, and also a rainforest. The Sunlander train links all of them, with its overnight service crossing 1,045 miles on the east coast of Queensland, Australia, from Brisbane to Cairns. The scenery is spectacular as are the stopovers. If you choose to take the train straight through, it takes about 32 hours. The Queenslander Class aboard the Sunlander is worth the ride and features creature comforts against a backdrop of superb dining, first-class accommodation and exceptional service. Passengers are accommodated in twin berth sleeping compartments offering all the comforts of home, and receive the highest levels of service from the dedicated team of onboard personnel.

New for 2012 The Sunlander has upped its game to three departures weekly in each direction, and the Queenslander Class is offered on every one instead of just once a week.

Tariff

- **Golden Eagle Trans-Siberian** Starts from \$14,395 for double occupancy in Silver Class
- **Royal Scotsman Classic Tour** starts from \$7,370 per person, double or single
- **Venice-Simplon Orient Express** Istanbul journey starts from \$9,750 per person, double occupancy
- **El Transcantábrico Gran Lujo**: €3,900 per person in a double occupancy
- **Sunlander** AUS \$2,300 per person on double occupancy
- **Pride of Africa** Starts from \$9,800 for two in the train's Pullman Suites

IN THE PINK

HEALTH & WELLNESS SNIPPETS

Fighting Disease

You can't boost your immunity by popping a few pills. The immune system is complex and needs holistic attention.



There's a reason we have that old saying 'avoid it like the plague'. No one likes being sick. The key to better health is a strong immune system. So, can you boost your immunity? The answer isn't a straight yes. That's because the body doesn't have a single 'immunity organ'. Better immunity results from bringing balance to all the complex components that make up your immune system. Here's how you can achieve a more perfect balance.

Eat Right

Some foods have been observed - though not conclusively proved - to help prevent disease. These include most fruits and especially berries, yogurt, fish, garlic, mushrooms and tea. There's no harm in eating more of these. Drink in moderation. A glass of wine a day is about right.

Clean Up

Avoid pollution. Besides foul air, this includes water and food contamination as well. Pollution hurts us in a range of ways from slowly poisoning us to generating free radicals that hit cell growth. Don't smoke. You'll miss your lungs when they're gone, not to mention a whole lot else!

Cut the Stress

Several studies done after natural disasters showed links between increased stress and emotional trauma and reduced immune function. While you can't avoid acts of God, you can associate with positive people. Socialise regularly or even get a pet. They're great for company and amusement.

Source: Health.Harvard.edu & Prevention.com

A Cancer Filter

Ideally, you shouldn't be smoking at all. For some though, this can be a really hard habit to beat. A new discovery could take away at least one of the many dangers associated with cigarettes.

Researchers found that lycopene and grape seed extracts drastically reduced the amount of cancer-causing free radicals that were passed through a cigarette filter.

Free radicals damage cells by attacking the protein structure, lipids and DNA, and can cause cancer. In the case of cigarettes, the free radicals get a straight path to your respiratory system, courtesy you. That's why mouth, throat and lung cancer rates are so high among smokers.

While the new filter reduces free radicals, it must be remembered there are hundreds of other deadly chemicals in cigarette smoke that this procedure does not eliminate.

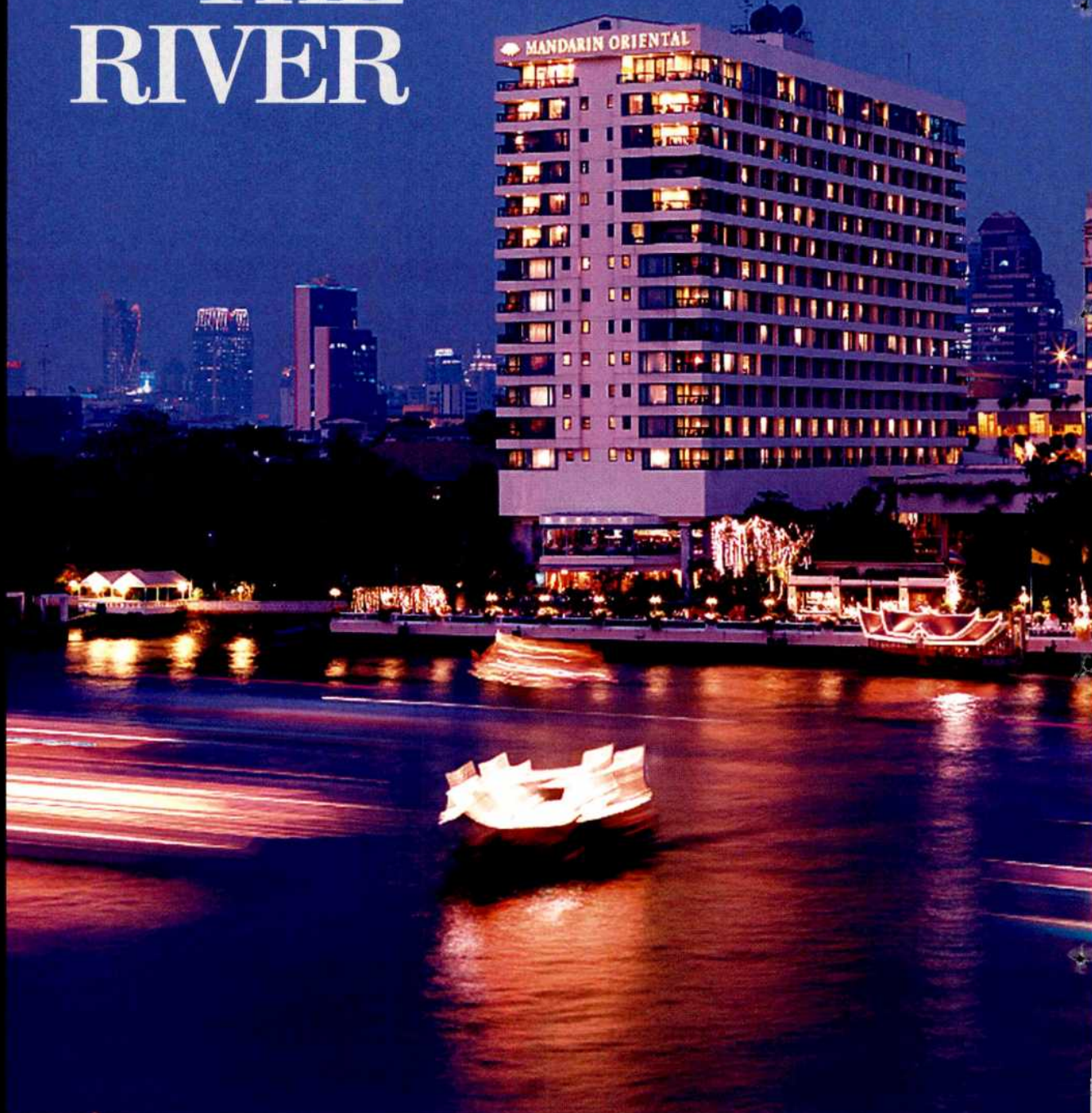
Source: Journal of Visualised Experiments



CALCUTTA

BY THE RIVER

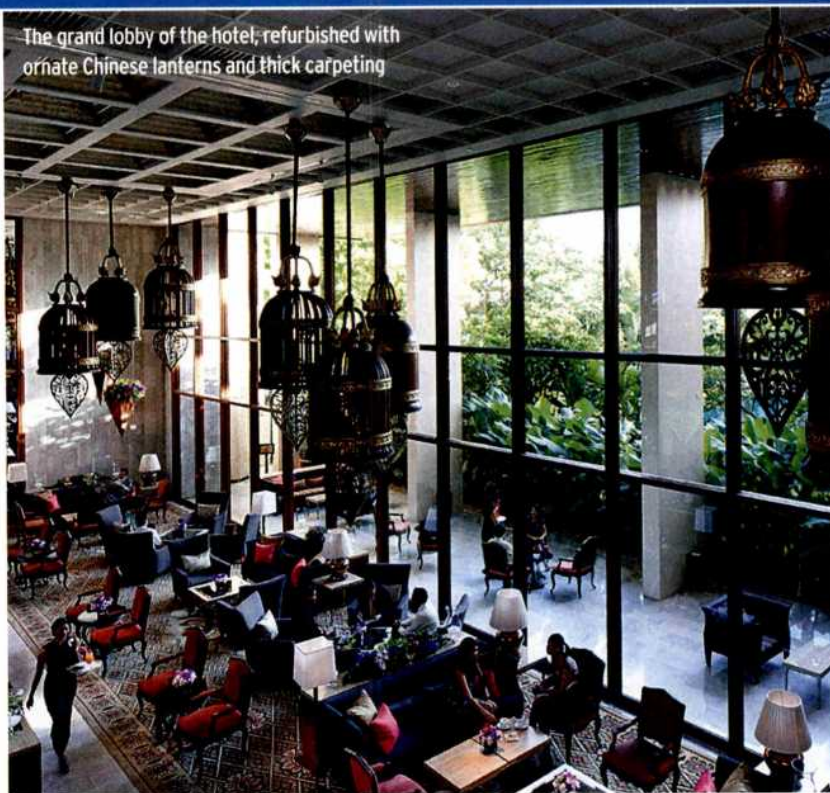
» It has been the toast of Bangkok for over 135 years. **PRACHI BHUCHAR** checks into the refurbished Mandarin Oriental, on the banks of the Chao Phraya river.





The Mandarin Oriental dominates the Chao Phraya riverfront

The grand lobby of the hotel, refurbished with ornate Chinese lanterns and thick carpeting



It's a muggy December morning in Bangkok and the spires of smoke clogging the dull sky do not look promising. We wind our way down a maze of narrow lanes that are packed with an assortment of stores; some sell glittering gold, others antique cameras, even buckets of paint. In the midst of the clutter and chaos, the Mandarin Oriental, Bangkok's gleaming white facade rises from the grey like a whitewashed dream. The service is exemplary and the standards exact at this institution where the doorman flicks open the elevator door and has your floor number pressed before you can even glide into it. The heat and dust of Bangkok's streets dissipates and one enters a world where everything is gentle and ultra-luxurious.

Refurbished in part in 2011, the Mandarin Oriental has, over the last 135 years hosted everyone on the who's who list—from Henry Kissinger and Audrey Hepburn, to footballer Pele and other legends. Its identity as a writer's abode though, made it most recognisable, after Somerset Maugham, Joseph Conrad and

Graham Greene spent extended time here and penned their bestsellers. The classic, understated Authors' Wing at Mandarin Oriental pays tribute to them.

The legendary lobby of the hotel has, in recent times, been upgraded to match the changing tastes of sophisticated travellers who demand the best money can buy. While the heart of the hotel has been preserved through this refurbishment, elements have been introduced that give it a contemporary touch. The floor-to-ceiling glass windows in the lobby look out to the somewhat shabby but iconic Chao Phraya river and temple bell look-alike chandeliers sweep across the plush, rich expanse, keeping the accent on all that's Oriental. The lighting at play further enhances the rich shades of plum, burnt sienna and burgundy of the tapestry and carpets.

The hotel has 393 rooms and suites, many with sweeping views of the river. The most coveted are the suites in the Authors' Wing which has a Joseph Conrad, Noel Thompson and Wilbur Smith suite among others. This affection for a grand literary past



The Sala Rim Naam or Thai pavilion across the river serves authentic Thai cuisine

The fresh seafood in traditional bowls is cooked using authentic Thai techniques



combined with a love for the finest contemporary newsmakers makes the MO an exciting destination.

You can enjoy a lavish buffet breakfast on the Riverside Terrace which by night also transforms into a romantic barbeque spot with live music and glittering lights on the river to keep you company. The food across the board is fresh, locally sourced and the clean flavours

shine through in the cooking in all ten restaurants located in the main wing and the river wing on the other bank. Le Normandie, a formal French dining space, is the most sought after restaurant in Bangkok and is frequented by the Royal family and high-ranking Thai bureaucrats. Some of the world's best chefs have worked in its kitchen

and the exceptional range of wines and fresh seafood makes dining here, a real treat.

If you want a brush with the real Bangkok though, the hotel has a regular boat service that escorts you to the closest sky train line. You can also hop on board to go across to the river wing of the hotel where you can play a game of tennis, take Thai cooking lessons or eat an au-

thentic Thai meal at Sala Rim Naam. This is a richly decorated Thai pavilion where classic Thai dancers entertain diners looking to embrace the Bangkok dream.

At Mandarin Oriental, Bangkok, the hawkish attention to detail is unrivalled. You see it in the exact way your bed is turned down every night; in how your Thai silk robe is

**AT THE MANDARIN ORIENTAL, BANGKOK, ATTENTION TO
DETAIL IS UNRIVALLED. YOU ENCOUNTER THIS FLAWLESS.
SERVICE IN COUNTLESS WAYS THROUGH YOUR STAY**

laid out beside a comfortable pair of hotel slippers; and also in the effortless hospitality displayed by the endearing and ever-so-polite staff who first guess your every need. It's a well-orchestrated symphony and it is this dedication to perfection that elevates the property from being merely great to fantastic and puts it in the league of the finest in the world. ■

TEACHER'S ACHIEVEMENT AWARDS PRESENTS ACHIEVERS CLUB THEY DREAMT, THEY DARED AND THEY SUCCEEDED

New Delhi, December 28, 2011: Beam Inc has flagged off its 11th edition of the Teacher's Achievement Awards with a special 14-part televised series, Achievers' Club on Star World. Leading to the Teacher's Achievement Awards to be hosted in February next year, the Achiever's Club will showcase the glittery, glamorous and fabulous lives of self-made achievers of India.

The Achievers' Club is an exclusive series where India's most celebrated achievers like KP Singh, Vidya Balan, Rajeev Chandrashekar, Naveen Jindal, Manish Arora, Usama Amjad Ali Khan and many more will share their success mantras and millionaire lifestyle with the host Vir Sanghvi. Each episode showcases the lifestyle of famous achievers and their homes, their passions and their celebrated life including their vacation homes, luxury cars, planes, yachts et al. The show aims to see the real lives of self-made achievers who are the inspiration to humanity through each episode.

Speaking about the introduction of Achievers' Club by the Teacher's Achievement Awards on Star World, Mr. Harish Moolchandani, CEO & Managing Director Beam India & ISC said, "Teacher's Achievement Awards are a celebration of the Spirit of Achievement at the highest level and across different spheres spanning Business, Sport, Communication & Entertainment. With the debut of the Achievers' Club on Star World, we would like to showcase to the world the celebrated life of achievers, their lifestyle and their passions as shared with Vir Sanghvi in this series. This is a worthy addition as we move into the 2nd decade of the Teacher's Achievement Awards."

Watch Vidya Balan, Naveen Jindal and Manish Arora share their secrets, their rise to fame, their life story.... Saturday at 8pm on Star World.

Teacher's Achievement Awards present Achievers' Club ... where the inspired become the inspiration.



MILON - Germany's # 1 Fitness brand, now in India

At 17.5 minutes? That's all you need to get fit.

Milon - operational in over 2000 clubs & catering to over a million people, is now available as the ultimate choice when it comes to both luxury for users and profitability for Gym owners.

THE MILON PROMISE: CELEBRATE TIME and TECHNOLOGY

A space floor of five meters by ten, MILON CIRCUIT TRAINING SYSTEM provides a full range of training opportunities, allowing you to burn 30% more calories than conventional equipment workout in just 17.5 minutes! Milon training equipment is arranged in a circle, creating a unique training system.

Just 500sq ft & 17.5 minutes every gym can now deliver results upto 60 members per hour.

Enabling gyms to service 3 times the members in 1/4th of space as compared to any traditional set up, you

don't save on rentals and staff costs but also break even in close to 12 months against an industry average of 40 months. Social interaction & motivation guarantee highest member retention rate in the shortest possible time. Advanced software helps one trainer address 12 different members simultaneously. Standardized & result oriented training with superior biomechanics create safe workouts for customers to improve every time.

HOW MILON REDEFINES FITNESS

Milon is the Rolls Royce of fitness".

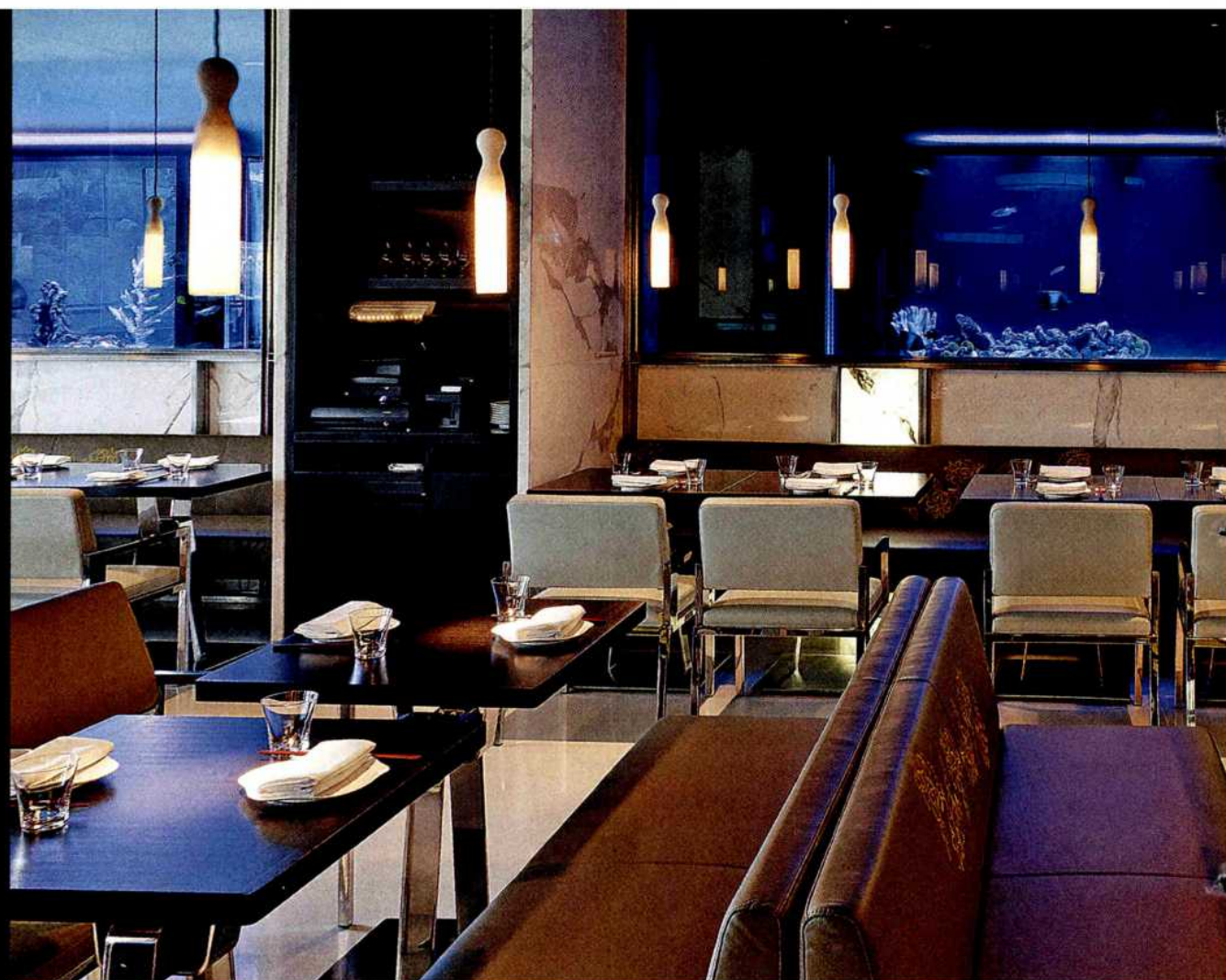
With a variety of electronic equipment that doesn't require any handling - YES, no more lifting weights on to the bench press - Milon's systems adjust to the individual training regime and store the information on a smart card. All you need is 17.5 minutes for a workout in between warm up and cool down.

Milon Strength Endurance Circuit takes up minimal space while ensuring a full body workout. Its sleek German design allows the training equipment to fit seamlessly in your home or gym.

Brought in India by the leading sports brand - STAG, the milon system has been honored globally with the FIBO Innovation Award 2009 in the category "Concepts"; the body LIFE Award 2008 "Rising Star of the Year"; Rating 1.46 for Customer Satisfaction in the survey by "Wurttemberg" 10/2009.



For more information on milon, please contact: Pranav Kohli, Mob +91.99976.69999, email: pranav.kohli@stag.in



RESTAURANT REVIEWS

Darling Dumplings

» An expansive facade, exhaustive menu and exquisite rendition makes Yauatcha's tale a worthy one

BY ANAMIKA BUTALIA

It was a proud food moment for Mumbai as upscale London-based dim sum tea house, Yauatcha, launched its second—and first international—outpost here. This Michelin-star all-day diner is the newest place to see and be seen in, and welcomes the swish set with panache at its restaurant in the Bandra Kurla Complex.

An impressive 26-foot-high glass façade exemplifies the restaurant's minimal, understated décor. The welcome is sweet, quite literally, since the

dessert counter, (hand-rolled chocolates, macaroons and bespoke teas) sits at the entrance. Upstairs, lies the imposing bar and wine cellar, with its 64 varietals. The bar leads into the 200-seat dining section, which is separated by large fish tanks.

Yauatcha specials on the bar menu are innovative and come highly recommended. The Baron Vert and Lam Peak martini are bestsellers. Whiskey aficionados should try the whiskey-based watermelon martini for its richness.

As for the dim sums, they come fried, pan-fried and steamed. The crispy prawn cheung fun is wonderfully textured with a thick potato pastry sheathing the prawn. Be sure to try the aromatic truffle edamame dumpling and the rich poached Peking dumpling. The Shanghai siew long bun with chicken defies superlatives. The flavour is enhanced by dipping the chicken in soya sauce.

The bewildering range of teas prove great palate cleansers between



courses: the Taiwanese High Mountain oolong or the roasted Chinese Anxi Tie Guan Yin are simply delightful.

Although the freshness of the raised Australian Barramundi is a desirable mouthful; the fish pales in comparison to the poultry section's crispy aromatic duck. The duck meat is pared off the bone, on the table, and served with paper-thin rice pancakes and finely chopped spring onions and cucumbers. Physically, it may resemble teamed spring rolls, but the taste is much more evolved.

If you want to sate the sweet tooth, settle on the raspberry delight—a raspberry chocolate brownie served with ice-cream or sorbet.

As bite-sized delights go, Yauatcha sure packs in a punch; definitely more than a dot on Mumbai's culinary map.

Meal for two: ₹3,200 (including a cocktail and taxes), **Address:** Raheja Tower, BKC, Bandra (east) **reservation.mumbai@yauatchaindia.com**

Wholesomely Indian

» Experience a healthy take on authentic Indian food at Durbari

BY SANHITA SINHA CHOWDHURY

If the very thought of an Indian meal is inevitably followed by a mental calorie count, try Durbari, the Indian speciality restaurant at Kolkata's new Swissôtel. Healthy ingredients handpicked from all over the world substitute their calorie-laden Indian counterparts. This means you don't have to sacrifice any taste in exchange for a guilt-free meal. In fact, the 'health' word does little to diminish your taste buds' delight at Durbari. Conceived after six months of extensive travel and food tastings across the country, the comprehensive menu on offer showcases the vast culinary heritage of India on a platter.

The meal starts with an assortment of roasted *papads* complemented with dips and pickles. These range from the tried and tested mint and tamarind sauce to an eclectic east Asian peanut and sesame dip. The munchies give way to Indian soups like the yellow lentil and spinach soup *dal palak shorba*.

The creamy tandoor-cooked chicken breast and pan-fried minced lamb kebab emerge as forerunners from the extensive *kebabs* selection. Techniques such as slow cooking and the use of olive oil as a cooking medium ensures that there's plenty of room for the main course when it's time.

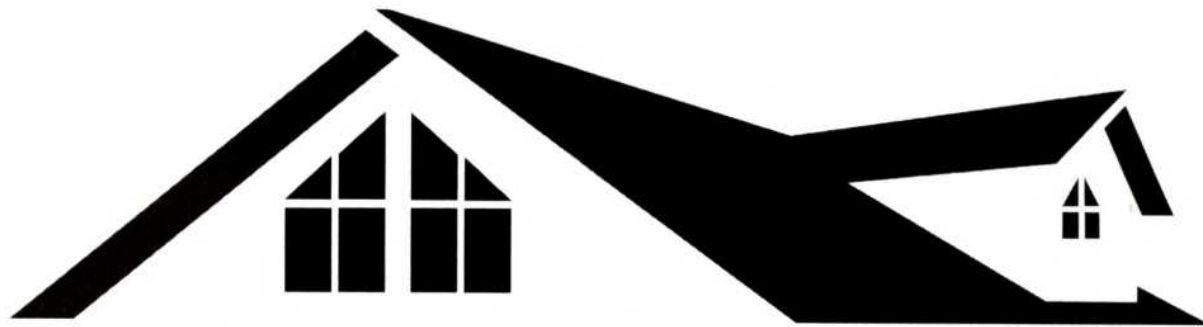
Cochin prawns simmered in coconut milk; coastal spices and kokum; betki doused in mustard flavoured curry; and Awadhi lamb biryani reflect Durbari's diversity. While there is an overall focus on healthy Indian dishes, there are some deviations. For one, the north Indian favourite, *dal makhani*, is topped with an unforgiving helping of butter and tempts even the calorie conscious eater with its frankly, unskippable appeal. Another diversion from the health track is the fusion *naan* stuffed with melted Swiss cheese.

In a city where meals don't end without desserts, Durbari serves *moong dal halwa*, made not in ghee but French butter and a *paan* flavoured ice cream prepared in 30 seconds using a Pacojet.

Since its opening in August, 2011 Durbari has attracted food lovers, both from the developing neighbourhood of Rajarhat and the main city. However it is primarily frequented by foreign guests of the hotel. Functional from Tuesday to Sunday between 7 to 11 pm, the restaurant is open for lunch only on weekends.

Meal for two: ₹2,500 with alcohol. **Address:** Swissôtel Kolkata, City Centre **Tel:** (033) 6626 6666





Pied-a-Terre

» Yes, most Indians can barely afford one house much less two. Still, there are many good reasons to invest in a holiday home if you can. If nothing else, it gives you a refuge to escape from the rat race when you feel like.

BY PIERRE MARIO FITTER

ILLUSTRATION: SACHIN RUHIL

India's cities are dank, dirty, poorly designed and bursting at the seams. The problem though is that there is really no easy way to get out of them. In fact, for almost anyone with a white collar job, the city is where life and work begins and ends.

With India's corporate sector expanding—the current slowdown notwithstanding—there is little doubt that more people will be migrating to these already bursting-at-the-seams cities in search of better jobs. This influx will put even more pressure on our already poor civic infrastructure and government services.

Then there's cost. A one-bedroom home within a major city now costs well over ₹40 lakh. Unfortunately, it offers very little bang for your buck.

Even raising one child, leave alone *humare do*, in such a set up is virtually impossible. It also means visits from out-of-town relatives or friends are out of the question.

It also means little by way of privacy. Most developers in big cities are loathe to provide much space between two homes. After all every square foot of empty or unused land eats into their overall development.

These factors have given rise to a growing market for second homes or Pied-a-terres (French for 'foot on the ground'). Most such homes fall well outside city limits. Ideally, they're easy to reach within a few hours of driving. This allows a more regular use of the property.

Since they're all in second-tier or even third-tier towns, property prices

are not as astronomical as the metros.

Low property prices in these towns allow you to invest in a larger property. More space means you have more options. It's fairly common for holiday homes to have large gardens, trees, even a pool. Such luxuries are unheard of in India's larger cities. To have them within a two-hour drive of your first home makes for the perfect weekend getaway. That means you can use your second home more than 100 days a year.

If your second home isn't too close there are still ways in which it can be useful. Many developers offer you the option of putting it up as a time-share property. So, when you're not around the developer will rent it out to a third party for a small commission and you get an extra source of income.



Bangalore

Mysore has stood the test of time as one of Bangaloreans' favourite second home and holiday home destinations.

It is one of India's cleanest cities and is also famed for its cultural and architectural heritage. In fact, in 2010, Mysore was ranked the second cleanest city in the country.

Villas are the most popular second home configuration in this town. These are available for anywhere between ₹60 lakh to ₹3 crore a piece. Plots can also be bought for prices ranging between ₹25 lakh to ₹1 crore, depending on size and location.

The Queen of Hill Stations, Ooty, is another popular choice with Bangaloreans. Here, residential options can be had for anywhere between ₹60 Lacs to ₹3 crore for a villas and bungalow. Ooty's beautiful weather and scenery is a major attraction for most investors.



Delhi

The most popular second home format for Delhiites is a farmhouse. Most such developments are located in expansive clusters around Mehrauli, Bijwasan, Rajokri and Chattarpur areas of the capital. Such properties are expensive and well beyond the reach of most middle-class buyers. Indicative prices start from ₹2.5 crore and go beyond ₹12 crore.

Farmhouses however provide a lucrative income potential during the wedding season when families rent out such properties to host their ceremonies.

Hill stations are also a popular choice with Delhiites. Many popular destinations including Nainital, Mussoorie and Dehradun are just a few hours drive from the capital and make an ideal weekend getaway. Bungalows in these areas can be bought for as little as ₹40 lakh and for as much as ₹2 crore per plot.





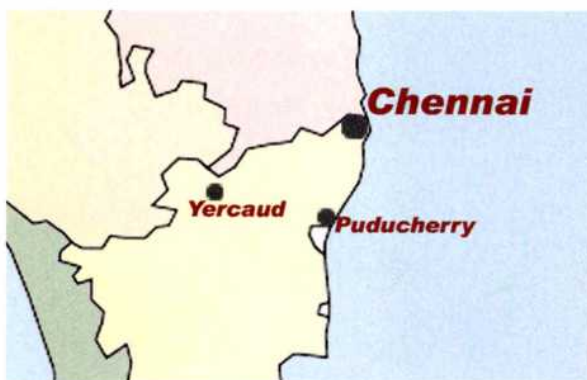
Chennai

The number one hotspot for Chennaiites is Pondicherry or Puducherry as it's now known. Much of this former French colony is still frozen in its colonial visage. Another location is Yercaud near Salem. This is a hill station in the Shevaroyis.

Pondicherry offers options from both local and national developers. Villas are the predominant second home format and prices range from ₹50 lakh to ₹2.5 crore. Plots cost between ₹30 lakh to ₹1.5 crore.

Yercaud's environment has of late emerged as a magnet for Chennai-based buyers. Its recent entry makes it one of the most affordable second home markets in the country. The flipside is there are few reputed developers with projects under development.

Currently, prices for homes in the Yercaud can range from ₹35 lakh to ₹1 crore. Plots are available for relatively low cost of ₹10 lakh to ₹15 lakh.



Mumbai

Mumbaikars are blessed to be within easy reach of a number of hill stations as well as several beachfront towns. As such, favourite holiday home destinations include Lonavala, Alibaug, Karjat and Goa. Lonavala, less than 90 minutes away, is by far the most popular with Mumbai residents.

Here, buyers find a good supply of row-houses and bungalows from reputed developers such as Tata, Lodha, Piramal and Kalpataru. Prices for bungalows, depending on which town you're buying in, can range from ₹50 lakh to ₹4.5 crore. Plots range from ₹30 lakh to ₹1 crore.

Goa is another favourite second-home paradise. Refurbished 'old villas' are highly sought after and offer a heritage feel. Developers such as Homes & Estates offer sea-facing bungalows, like the one below, in Calangute and Bambolim. These cost between ₹6,000 to ₹20,000 per square foot.



TWO FOR ONE

» India's cities are cramped and low on lifestyle quotient. That's why many families now want a second home, away from the crowd, where they enjoy all the luxuries their main residence cannot deliver.



OM AHUJA

MD, Residential Services, Jones Lang
LaSalle India

The demand for holiday homes is as wired into India's overall economic performance as any other segment of residential real estate. That said, it is also remarkably enduring; this has a lot to do with the Indian belief that two homes are better than one, and that the second one should provide what the first can't.

In India, there are insurmountable limitations on space. This impacts home sizes in the most aspired-for first home locations—those close to the business districts and workplace hubs. Prices on such properties are steep and the lifestyle quotient low in most cases, especially in Mumbai, Delhi and Bangalore.

This means that in the final choice of first homes by most Indian property buyers, comfort and natural ambience are invariably sacrificed in favour of a shorter commute.

By the same coin, it is axiomatic that these limitations must be dispensed with when it comes to second home locations and configurations. Those who buy vacation homes tend to

make their purchases in close-by hill stations or other accessible locations with convivial surroundings.

Indians who buy holiday homes tend to have higher disposable incomes, hailing from the middle and top management segments. This buyer segment is usually in the age bracket of 35-45. These buyers purchase such homes either for investment purposes or as weekend getaways. Among many demand criteria for second home locations in India is that they must be within a few hours' of motorable distance from the parent cities.

Mumbai

Residents of the financial capital have flocked to Lonavala, Alibaug, Karjat and Goa for years. These locations have a good supply pipeline of both row-houses and bungalows from highly-reputed developers.

Delhi

The National Capital Region has a unique farm house culture and temperament which has not found many parallels elsewhere in the country.

These developments are located in clusters around Mehrauli, Bijwasan, Rajokri and Chattarpur.

Chennai

Chennai has its own second home hotspots in coastal Pondicherry and Yercaud, near Salem, the perfect hill station located in the Shevaroy's range of hills.

Bangalore

For Bangaloreans, Mysore has stood the test of time. This town is most famous for its overall cleanliness. In fact it was rated the second cleanest city in India and the cleanest in Karnataka in 2010. Ootacamund (or Ooty) is also a evergreen choice with second home buyers.

Hyderabad

Hyderabad's citizens prefer Vizag as a second home investment location. Its USPs include relatively affordable property rates, decent appreciation potential, pleasant weather and the fact that it is on the coast with many sea-facing property options available.



When In Milan

» Lose yourself in a city where bold fashion co-exists with gothic churches and classic renaissance art. Here's the guide to making the most of Lombardy's cosmo capital in 48 hours.

BY R PALLAVI



The central cathedral Duomo is crowned by the gilded copper statue of Madonnina (Little Madonna), the legendary protector of the city



The 16th century statue of St Bartholomew inspired the study of anatomy



The Arch of Peace establishes Milan's architectural connect with Paris

A lazy street meanders into a cluster of 19th century Fin-de-Siècle apartment blocks, which look artistic thanks to symmetrically carved windows dotting them. The structures open out to quiet cafes sheltered by awnings, reflecting much of the same Italian languor. A couple are dining in the shade, sprinkling seasoning on creamy parmesan anti pasti and noshing on strong espresso shots. After a long-drawn meal, they slip into their Armani trench coats, shoulder their Gucci totes and clink their pumps and brogues through cobbled piazzas, only to get lost in a city that tells time through church chimes and experiences seasons in fashion trends. Milan marries period art and post-modern design like none other in the world.

This Lombardian city loses out in historic relevance to Rome and Venice, with travellers barely fitting in a day or two for Milan to shop, or just gape, at its much admired fashion district. With its heavy-weight fashion, cinema and sports industries, Milan's cosmopolitan character is fascinating.

Begin your two-day tour at the Castello Sforzesco, a red stone castle which has been a source of pride for many generations; from the Viscontis and Sforzas to the Spanish and even the Austrians. At first glance you notice cylindrical towers that have gathered moss, remains from dried up streams around the facade, and a drawbridge that is ordinarily merged with the road. The relatively low-key exterior of this castle is compensated more than adequately by the archeological wealth that lies within. This includes military memorabilia, rare art works and royal heritage. The most notable treasures are Leonardo da Vinci's ceiling fresco Sala delle Asse which depicts a forest and was a gift to the king Lodovico Sforza; also Michelangelo's last and unfinished sculpture of Jesus and Mary named Rondanini Pietà. Castello Sforzesco opens to public at 7 am and opting for an early morning tour is recommended.

Depart from the castle's rear gate and step into Milan's largest park, Parco Sempione. A barefoot stroll on its grassy stretches lead you to the Arco della Pace or the Arch of Peace, an imposing neo-classical structure built by Napoleon to resemble its Parisian counterpart. Sit around the arch for a while and photograph strains of sunlight playing on the metallic statues on its top. The cobbled lanes criss-crossing around the centre are the best spot to capture the city's traditional trams. In fact, trams are the oldest mode of public transport and weave through the city to create a wide web of



The crucifix shaped Galleria Vittorio Emanuele II houses age-old cafes and boutiques

tracks and wires. There are only two ways to really experience Milan, walk or take a tram ride.

Your next stop should be brunch, which for most Milanese is a quick meal comprising a pasta salad or a mayo-filled panini. Since Milan's restaurants can get expensive (€25 for two), stick to local foods, the cheapest option being a pizzeria. The Bar della Crocetta which offers a wide variety of sandwiches is good for a quick bite, the venison prosciutto being the best. Head to Sant Ambroeus for handmade candy to round off your meal.

Remember that most major monument tickets are sold out two days in advance, so book early on Day 1 and use the rest of it to shop.

DA VINCI'S 'S LAST SUPPER IS CONSERVED IN THE RENAISSANCE CHURCH SANTA MARIA DELLE GRAZIE. BOOK UPTO TWO WEEKS IN ADVANCE TO BE ASSURED OF A GLIMPSE

There's a book fair for old and rare books, at the Piazza Diaz on the second Sunday of every month. Alternatively, the last Sunday of the month is when the canal side of Alzaia Naviglio Grande will take you back in time with vintage goodies like turntables, Bakelite telephones and antique furniture. If you miss out on any of these regulars, get onto a bus to Cremona, just 39 kilometres from Milan. This town is the birthplace of the violin, and with multiple music boutiques, the best place to buy one.

STAY ORDER

Comfort Zone

The best luxury hideouts include the city's oldest heritage hotel Principe de Savoia and the contemporary Bulgari and Armani design hotels.

Budget Stay

Located in the fashion district, the Brunelleschi Hotel reflects the city's vibrance in its arty interiors. The centrally located Amadeus offers good business services and dining options.

Bare Minimum

Hostels Greco Milan and Piero Rotta are good backpacking hideouts.

All this apart, Milan is where fashion comes full circle. Here, the well heeled and trendy locals will induce you to think, or rather rethink, your wardrobe. The Quadrilatero d'Oro is a cluster of crammed streets where the world's most fashionable brands are headquartered. A good shopping strategy is to take a peek at the styles and then head to the Galleria Vittorio Emanuele II for discounts. The glass-and-steel roofed building is the world's oldest shopping mall and also a great place to observe locals. Chihuahua's popping their tiny heads out of luxurious hand bags and totes are a common sight. If you need a sugar rush to take you through your shopping trip, locals recommend you grab a blueberry muffin at the

Galleria's Café Zucca.

After your shopping spree, hit the city's nightlife district, Corso Como. The Milanese kick off their evenings with the aperitivo tradition, the city's version of happy hour which features free food with cocktails. The Hollywood and Loolapalooza nightclubs located here are best known for champagne spilling and serious head banging.

As you wind down from the drama of Day 1, prepare for Milan to make all the right moves to hook you to its



BT MORE RECOMMENDS

A Session in Retail Therapy

With big brands like Armani, Gucci, Etro, Paul Smith, Versace and Louis Vuitton lining its narrow streets, the fashion district Quadrilatero d'Oro is the epicentre of the world's fashion industry. Be the first to own haute couture off the runways of the biggest fashion weeks.

Food for Thought

Local cuisine is the way to go. For daytime bingeing, the contemporary setting, fresh salads and creamy soups of God Save The Food are spot on. For an old fashioned Milanese experience, head to Trattoria Montana. Against the backdrop of the Duomo, this is a traditional setting for tucking into classics like minestrone, risotto and tripe stew.

A Night at the Opera

The opera season runs from November to July. Works of Rossini, Giovanni and Mozart can be experienced and appreciated at Milan's legendary opera house La Scala. It is advisable to book for a show online, at least two months in advance. Ticket prices are generally between €10 and €140, depending on the seats you have opted for and opening night tickets are as high as €2,000.

exquisite culture on Day 2. Begin by heading to the Santa Maria della Grazie cathedral which conserves Leonardo da Vinci's much debated fresco *The Last Supper*. A history of deterioration and restoration has led to strict laws around its public viewing. To monitor temperatures, batches of about 20 people are let in for precisely 15 minutes at a time. So make sure you book your slot by phone at least two days in advance and show up at least 30 minutes prior to your booking. At the crossroads of sacred and profane, this faded work remains etched in your memory.

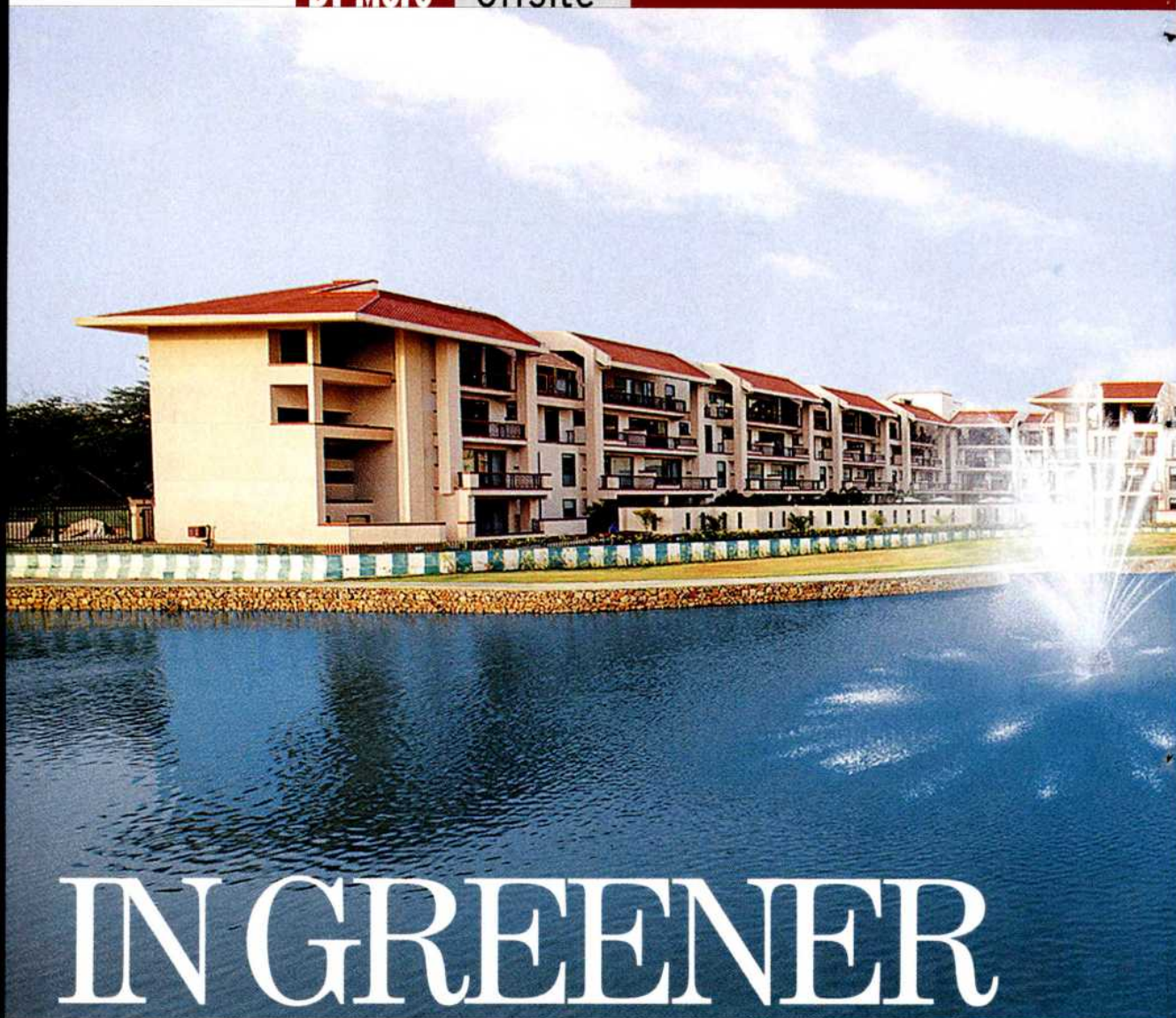
If the mute artwork passively engages your thoughts, the city's performances put an experiential spin on them, be it a crackling soccer session or an opera performance. During season, head to the San Siro stadium to watch the teams AC and Inter Milan practice every Sunday. At an extra fee of €12, you have yourself a guided tour of the stadium and access to team memorabilia and rare film footage. Follow this up with a trip to the legendary opera house La Scala. The crystal studded chandeliers and scarlet-silk lined private boxes initiate you into a grand tradition.

A minute long walk from the La Scala towards the city centre leads you to the central cathedral Duomo. The Goth church's facade is detailed with 3,400 biblical statues. Casting a dim light into the glum inside are the stained glass windows and candles burning up below statues of saints. Interestingly, high above the altar is a nail said to have been the one that impaled Christ's right hand to the cross.

Then, as dusk begins to set in, zip up to the terrace in the elevator and closely examine the detailing on the statues, spires and buttresses, best viewed in this mellow light. On a clear day, you'll get a glimpse of the majestic Alps, which lie to the north.

Spend your last night by the canal in Zona Naviglio and bite into an authentic slice of pizza washed down with a glass of Italian wine or local favourites like Campari and G&T.

With so much on offer, 48 hours is certainly far from sufficient for this city. Fashion forward Milano doesn't always need a catwalk to make designs and take off in your imagination. ■



IN GREENER PASTURES

» With a Formula 1 track, world-class golfing and the country's most awaited spa, Greater Noida's Jaypee Resort woos India Inc.

BY R PALLAVI

The smoke and noise conjured up on the capital's traffic-laden roads fade away as you steer your way through Noida, and then onto its 'greater' counterpart. In a matter of 15-odd minutes, the scene outside your window transforms from a concrete carnival of malls, universities and housing societies into quiet

stretches of green disturbed only by occasional landmarks. Welcome to a sub-city with its eyes set on the future. If DLF's skyscrapered Gurgaon conjures up images of a raucous Singapore, Jaypee Group's Greater Noida resembles Dubai. It is unprecedented, offers abundant opportunities, and embodies futuristic urban planning, a phenomenon still uncom-

mon in India. In its teething stage, the city creates a lasting impression with its gradually morphing development plans. A relaxed environment that's ideal for fostering business deals and a calm backdrop that can spark energy in tired teams, the Jaypee Greens Golf and Spa Resort at Greater Noida is poised to become India's next big business offsite.



Jaypee Resort boasts of the country's first 18-hole championship golf course

It is situated next to Jaypee's Sports City, which houses the Buddha International F1 circuit and a planned cricket stadium with a capacity of more than one lakh. Given its location, the five-star resort is almost destined to draw crowds from across the world. In fact, you can schedule your offsite on a sporting weekend and book a corporate box at any of these venues in conjunction to your hotel reservation and maximise your stay.

This is also your access card to the after-parties that follow. For instance, guests who flew down to watch India's first Grand Prix last year, also enjoyed performances by international music icons Lady Gaga

and Edward Maya at the LAP lounge set up on the premises.

Another obvious vantage point, by virtue of its location, is its proximity to the Agra expressway. The idea of getting to the Taj Mahal after a smooth ride across 185km sells like hot cakes. This is only beaten by Jaypee's helicopter excursions to Agra. Here, small groups can be flown into the historic city's Jaypee Palace Hotel, given a VIP tour of the Taj and Fatehpur Sikri and be brought back in style.

With a contemporary spin on traditional motifs, the décor is designed to appeal to expats and Indians alike. The de-cluttered wood and marble interiors are replete with Buddha

installations, sometimes life-sized and sometimes in tiny candle stands. There are Indian elements dispersed everywhere. Be it lantern-like chandeliers, quirky cane furniture, palatial doorways and stone cascading waterfalls, or just the herbal lemon-ginger fragrance diffused in the hallways around the resort.

The quintessential pre-requisite of a good offsite is a functional set of business facilities. With banquets touched up with exotic flowers, sparkling wines and dreamy satin upholstery, Jaypee dispels all signs of boredom and monotony from conferences and conventions. To begin with, the three large halls with a seating

capacity of up to 300 people are equipped with projectors, surround sound and digital screens. These can be opened up to form one pillar-less hall with a capacity of more than 1000 people. Unlike destination off-sites on beaches and hill stations, the weather is hardly as favourable. But, the garden stretches amidst undulating greens, colourful fountains and man-made ponds and serves as a picturesque backdrop for meetings over spring-brunches and fall-dinners.

Besides a bunch of meeting rooms for small groups of 10-12, there's a fully-equipped business centre on the ground floor. Here, the nitty-gritty's of corporate gatherings, like last minute faxes, burning discs and lamination

can be sorted out with secretarial support. Your watercooler moments are given a fun spin with espressos from the Coffee Bar, cookies and cakes from the Bakers' Studio and limited edition Cuban stogies from Churchill, the resort's classic, woody humidor.

over 7,347 yards and features 14 lakes and bunkers reminiscent of Melbourne's classic Sand Belt courses.

After you're done exploring the fairways and wild grasses of this expanse, rush your worn out self to the resort's spa district for a golfer's

THE 18-HOLE CHAMPIONSHIP GOLF COURSE IS CONCEPTUALISED BY AUSTRALIAN VETERAN GREG NORMAN, WHO ALSO OFFERS GROUP LESSONS AT THE COURSE

Golf has always run parallel to corporate networking and nothing quite comes close to a friendly putting session at the country's first championship golf course. Designed by Australian golf veteran Greg Norman, Jaypee's 18-hole golf course stretches

massage. Like all other spheres, this one too has an element of novelty attached to it. The first Indian branch of the world-renowned wellness chain, the Six Senses, has *hammams*, meditation caves and a herbal garden. The Raw Food restaurant at the sp



Crystal chandeliers add a dash of glitz to Jaypee's plush banquet halls



Thailand-based Six Senses Resorts and Spa has set up its first Indian branch at the Jaypee Resort

An Option in Delhi

The Imperial, New Delhi offers a more centralised option for businessmen who want to conduct meetings in the capital. If time is at a premium head to their brand new business centre, One Imperial Place.

A Royal Retreat The Imperial is New Delhi's only heritage hotel. Overlooking a pool flanked by greens, the business centre urges you to step out for a cool cocktail or a massage on the deck after work.

Corporate Quotient The three boardrooms can fit 10-12 people each and are equipped with white boards connected to TVs, electronic meeting tables and video conferencing infrastructure that connects upto four locations simultaneously. The service also includes secretarial staff. **Website** theimperialindia.com

Schools you in the dietary science of veganism, should you be so inclined, although it also features light meat and fish dishes. Most massages centre on stress relief and detoxification, the two utmost necessities of corporate travellers. A good way to bolster team spirit and improve concentration would be a collective enrollment for the tai-chi and pilates classes held at the spa every morning just before you begin work.

The upscale set up has an impressive spread of cuisines. Typically, corporate getaways are held over a weekend and Jaypee's dif-

ferent dining options allow you to indulge in diverse flavours. Paatra dishes out fiery Indian delicacies like *achaari jhinga* and *bhutte ki seekh* and desserts like *ananas-e-paatra*, an infusion of spicy pineapple and vanilla ice-cream. Here, a sommelier will pair local breads and curries with the right wines. This uplifts the traditional north Indian fare you find here into a gourmet experience.

Diners who want a more international meal can head to Ano Tai and La Brezza. The former will put you in an Oriental mood with its low seating, overbearing Buddha installations

and live cooking of Thai, Japanese and Chinese. The latter creates fresh Italian offerings. Here, you can watch the staff cut herbs from a plant straight into your tomato and basil soup, crush fresh pepper onto your ravioli and sprinkle olive oil and balsamic.

At Jaypee, you feel like an active part of a progressive landscape, one that thrives on infrastructure development and results in unmatched comforts and luxuries. These are the exact attributes India Inc wants its business to mirror. ■

Website : jaypeehotels.com

HEALTH IN



Skip the monotony of the dabba and opt for vegan, macrobiotic and detox gourmet foods served in new-age bento boxes

A BOX

» The dabbawala may still be Mumbai's most reliable food delivery service but if you're looking for health and variety, check out what these entrepreneurs have to offer

BY ANAMIKA BUTALIA



At the office, the package arrives right on time. It's smartly packed and holds a surprise. There's no telling what may be in it. For the past ten weeks, there has been no repetition of its contents. This afternoon, it holds a Moroccan meal. This one consists of organic brown rice, Moroccan spiced lentils and veggies cooked in the herb paste charmoula. For dessert, there's a sugar-free granola bar. Each day, this meal box carries different dishes and elements from multiple cuisines. Repetitions rarely occur, perhaps once in three months.

The mind behind this meal is a certified macrobiotic food nutritionist, chef and instructor. Shonali Sabherwal has been making lifestyle and dietary recommendations and supplying meals for more than four years in Mumbai. It all started, she says, with her attempt to help her father fight cancer. "I chanced upon the macrobiotic philosophy and travelled to the USA to be able to help my father," says Sabherwal about her venture, Soul Food.

Vegan and macrobiotic meals are extremely rare to find. Sabherwal claims she is the only caterer in Mumbai who provides such meals. Her offerings read like a dieter's dream menu. They are all gluten-free and contain no dairy, no sugar, no artificial sweeteners, no yeast, no processed or preserved foods and no genetically modified ingredients. In fact, Sabherwal says her meals are 85 per cent organic and diabetic friendly. "Even the ingredients and cooking styles provide digestive enzymes and restore pH balance of blood," she says. Choice and quality comes at a price. She is the most expensive 'dabbawala' in the city with each meal costing as much as ₹300.

Entrepreneurs in Mumbai are offering a new spin on the old dabba service. One of them, Pratik Jain, realised the monotony of the dabba during his B-school days. "My idea was to fill the gap between a restaurant and tiffin service provider," says Jain. As India's first online customised tiffin service, the critical part of the Yummy Tiffins concept was to build a website that was user-friendly.

Clients can register for free on the Yummy Tiffins



Whether it's a whole wheat sandwich or just a grease free serving of flavourful Indian food, Mumbai's new dabbawalas cater to all tastes

Dabba Diary

SHONALI SABHERWAL'S MACROBIOTIC MEALS

Price ₹300 per meal
Numbers 40 to 50 per day (as a niche product, it attracts those with genuine health concerns)
USP Multi-cuisine and no menu repetitions for up to three months.
Contact www.souldfoodshonali.com;

CUSTOMISED TIFFIN SERVICES

Price Up to ₹200 per meal
Numbers 200 per day
USP Online ordering
Contact www.yummytiffins.com

JAPANESE BENTO BOXES

Price ₹120 onwards; Bento boxes for ₹450 each
Numbers 1500 food boxes a month
USP India's first Japanese take-away food store
Contact www.sushiandmore.com

website. They then either customise their meal from the extensive, largely Indian menu, or opt one of the many meal plans created by the team. These include diet, mini meal, big bite, jumbo fest and Jain meal (all-vegetarian without onions, potatoes, ginger and garlic). The concept works as a pre-paid service. Each users' account balance reflects on their homepage.

For each meal, they can choose from five food items from the menu. "The balance in his account reflects his day's choices," explains Jain. Clients can 'make' their own meals for up to three weeks in advance. If they change their mind, all they have to do is cancel or modify it online a day in advance. The other distinguishing factor about Yummy Tiffins is that the food has a homecooked feel to it. The chefs ensure that the food is cooked in a healthy medium and there is minimal use of oil, salt and spices. They also steer clear of pre-cooked gravies, preservatives or artificial colours in the meals.

Unlike other competitors, Sushi and more, as the name suggests, is a Japanese takeaway. Its owner says this is India's first take-away Japanese food store. "The idea behind opening Sushi and more in 2011 was to take forward the successful promotion of authentic Japanese ingredients and food through catering," says Anuj Jodhani who heads this venture.

Jodhani says that the years before the take-away store's open-

ing were a learning process. "Though Japanese food has still not become an everyday preferred meal, many of our customers order regularly," says Jodhani. "We deliver 50-80 Japanese food boxes a day which include sushi, tempuras and curry-rice food boxes. Our aim is to popularise Japanese cuisine and also to make it more accessible and affordable." Considering they use authentic Japanese ingredients, Sushi and more's prices of ₹120 for a soup/ appetiser and ₹450 for a bento box don't seem outrageous.

What's common to the macrobiotic meals, easy-to-customise tiffins, and Japanese food delivery venture is the changing trend of executives' preferences for healthy meals that combine taste with the right calories. In fact this slimming trend is even visible in the shape the new tiffins take. Bulky, three-tiered carriers have now made way for flattened, airline-style food trays. They now arrive on ready-to-heat microwaveable trays, folded in cardboard boxes and with a customised calorie count. The dabba has arrived. ■

Promotion

Looking for Stylish Leather Business accessories... you've found Devotie !

Devotie apart from their **men's line** of cuff-links, business card-holders, writing instruments, time pieces, money-clips, they also have a line of fine-grain, hand-finished, genuine **Italian bull leather** products which are great office accessories one could possess.

Devotie stores, Mumbai : **CR2 Nariman Point, Bandra - Turner Road Opera House-Panchratna, 20th Floor.**

They provide personalized products which are an apt gifting option and great for self-possession. Cater to corporates, business houses, designers, wedding gifting requirements and Group of Hotels Pan India for their gifting to members.

Their **Cognac Collection** artistically combines the classic elements of substance and shape. **Made from resilient, hand-finished Italian Bull leather.** Bull leather withstands the test of time. The purity and quality of their leather is attributed to the cold Italian weather, preventing any flea or tick irritation to the animal, there are few to none scratches or bites on the leather hides. They only use full grain leather, offering consumers the highest quality and durability.

The classic designs and finest details reflect the artisan traditions of Tuscany and the cultural richness of Italy's

Arno region. Antique-finish fittings and signature lining adds hints of fashion. Cognac products are shaped and formed to masterpieces of sophistication. The Cognac Collection can get attention too for its tasteful beauty and prestige.

It does not just have a statement of style but of social status as well. The collection is also **hand-tanned in vegetable oils** and can be recognized by its aroma.

Shop online: **www.devotie.us or call 9820375755**



Tissot T-Touch II Lady Diamonds

A Touch of Love

Show your other half you are there for her no matter what with this amazing Tissot T-Touch II Lady Diamonds. Through this gift you will be helping her reach for the stars, making sure she is never caught off guard by the cold winter temperatures and even shielding her from the storms ahead. But more importantly, no matter how far or high she goes, she will always be able to find her way back to you. Your love and protection will only be a touch away thanks to the timepiece's amazing functions of altimeter, barometric pressure (meteo), thermometer and compass which will be revealed at her fingertip.

Beautiful adventures

Not only does this watch provide the ultimate tools to guide her through any path she may choose, it will also guarantee she accomplishes her journey in style and elegance. A polished titanium case and exquisite mother-of-pearl dial set with diamonds, teamed with a pure white matching leather strap, provide this timepiece and its owner with sophistication. Any challenge may be faced with assurance and grace with this stunning Tissot T-Touch II Lady Diamonds on the wrist, allowing its wearer to shine through in any circumstance.



Track & Wield

CHECK THE DESIRABILITY QUOTIENT



LG 55 INCH OLED TV

The Korean electronics giant recently unveiled this super-thin, 55-inch OLED television at the annual Consumer Electronics Show in Las Vegas.

The 3D-supported TV uses an Organic Light Emitting Diode display, which the company says will deliver more natural colour, better viewing angles and richer black levels. Given that this is a giant panel, you barely feel the size thanks to its 4mm thick screen. Now that is indeed, flat. Price: ₹89,999



Philips SensoTouch 3D Premium Shaver

Philips has answered your hirsuit pursuit with the super sleek SensoTouch 3D shaver. The swivel head adjusts to even the most unusual facial contours giving you a close shave with each pass.

Price: \$349



La Marzocco GS3 espresso maker

Brew a perfect cuppa with La Marzocco espresso machine. It takes up about 2.5 square feet of your counter top and comes with both a pre-programming system and mechanical paddle for manual use. You can even personalise your machine with glass panels on the side and have them engraved. Available at lamarzocco.com/g3

Price: \$6,000





Technogym Treadmill

Technogym makes workout time more entertaining by adding a 19-inch screen that can stream content from the web. It also has access to web-based radio and tv stations. Done in aluminium and glass instead of plastic, this one is a sleek machine. Price: ₹6.6 lakh



Nautica AM to PM Collection

The striped t-shirt below embodies Nautica's approach to off-duty style. A part of the brand's 'AM to PM' collection, it has been designed so you don't have to stop off for a change when heading out after work. All you need is a few accessories to change your look for the party. Available in Nautica stores



Crosley Memory Master 2 Turntable

For those who prefer vinyl to digital, this wood-finished Crosley Memory Master turntable is the go-to entertainment station. It has three speeds (33-1/3, 45 and 78 rpm) and comes kitted with a USB connection and a software suite that lets you mix, rip, edit and create your own sound. Available at amazon.com.

Price: \$450

Dunhill Custom Fragrance

Dunhill's new fragrance, Custom, is distinctive and well-balanced. This masculine cologne begins with crisp, fruity top notes which harmonise with the subtle sparkle of spicy pepper. Finally, a warm cedarwood base creates an elegantly assertive scent.

Price: ₹3,615 for 50ml



Roger Dubuis La Monegasque

With Roger Dubuis now at Richemont, this Swiss horlogerie maison recently unveiled its La Monégasque collection. These are all about Monte Carlo and the casino player: daring, provocative and downright sexy. Sporty yet elegant, they remind you, in a way, of the super spies on the silver screen. The dual chronograph face of the men's luxury watch leans towards the oversized range at 44mm across and is available both in steel and rose gold. The dial, which contrasts a satin sunburst centre with a circular satin exterior, incorporates a 30-minute counter at 3 o'clock and small seconds at 9 o'clock in the grand tradition of chronographs. This one is named 'Big Number' for the lucky numbers that continue to strike on the roulette outside the realm of probability. Perfect timing.

Price on request



Sony Tablet S and P

Almost all the big names have made their presence felt in the global tablet market. After Apple and Samsung, now Sony has launched its much-awaited S and P range of tablets. Both are equipped with an Android 3.2 Honeycomb operating system. Pictured here is the P Tablet, which supports Wi-Fi and 3G and offers 4GB of internal memory. In addition, there's a microSD slot for cards upto 32GB. Price: ₹36,990 (Tablet P) and ₹33,990 (Tablet S)

Jabra Supreme Bluetooth headset

Jabra Supreme is the first mono Bluetooth headset to have active noise cancellation. It also has Noise Blackout 3.0 and wind-noise reduction so the person on the other end can hear you better. Additionally, there's a boom arm that flips, letting you power the headset on and off just by flicking it open and close. Price: \$99





The Bling Emblem Zippo Lighter

A great idea for a gift is this Bling Emblem Zippo Windproof Lighter. It comes polished in chrome and embedded with Swarovski crystals. Firestarters rarely look this good, do they? Price: ₹4,000



Leather boots from Alberto Torresi

Premium men's footwear brand, Alberto Torresi, has stylish leather boots made of 100 per cent leather. The boots have a rich blend of colours and feature greater durability and high-end manufacturing technologies. These boots are comfortable, stylish and classy.

Price: ₹3995



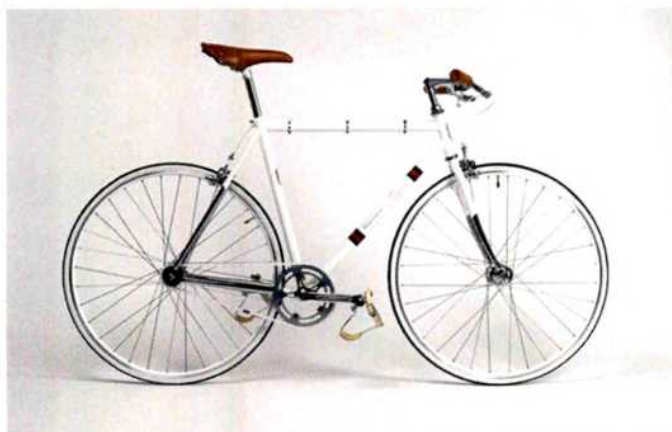
Paul Smith Mini Cooper Satchel

While the miniskirt has skirted the highs and lows of fashion, the Mini Cooper has maintained its hip reputation with reinventions by the fashion world's most famous designers. Paul Smith is one of them. Reinterpreted here, is a Mini Cooper-dedicated satchel by Paul Smith, part of his 2012 collection. Now that's fashion in the fast lane. Price on request



Bianchi by Gucci

Bianchi has a well-earned reputation for high-performance bicycles. It's now partnered with Gucci to unveil the exclusive Bianchi by Gucci range. The white model, pictured below, is a single-speed bike designed for city riding. The black model features gears and can be taken off-road. Both feature Gucci's signature green-red-green stripes. You can also buy matching accessories such as helmets and water bottles. Price on request



MY STUFF



MICHAEL PERSCHKE
MANAGING DIRECTOR, AUDI, INDIA



GADGETS

Handheld Blackberry
Tablet iPad 2
Laptop Apple Powerhouse
Watch Chopard Mille
Miglia, Vacheron
Constantin

MEDIA Daily paper Financial Times
Deutschland **Magazines** India Today, Forbes
Music Nickelback, One Republic
Movies The Thomas Crown Affair (1999)

» "There are different kinds of love, but they all have the same aim. Possession."

HOME ESSENTIALS

Car Audi R8 Spyder
Stereo Bang & Olufsen
Books The Monk Who Sold his Ferrari by Robin S Sharma; Screw it, Let's do it by Richard Branson **Art** Andy Warhol
Exercise Equipment Mountain bicycle



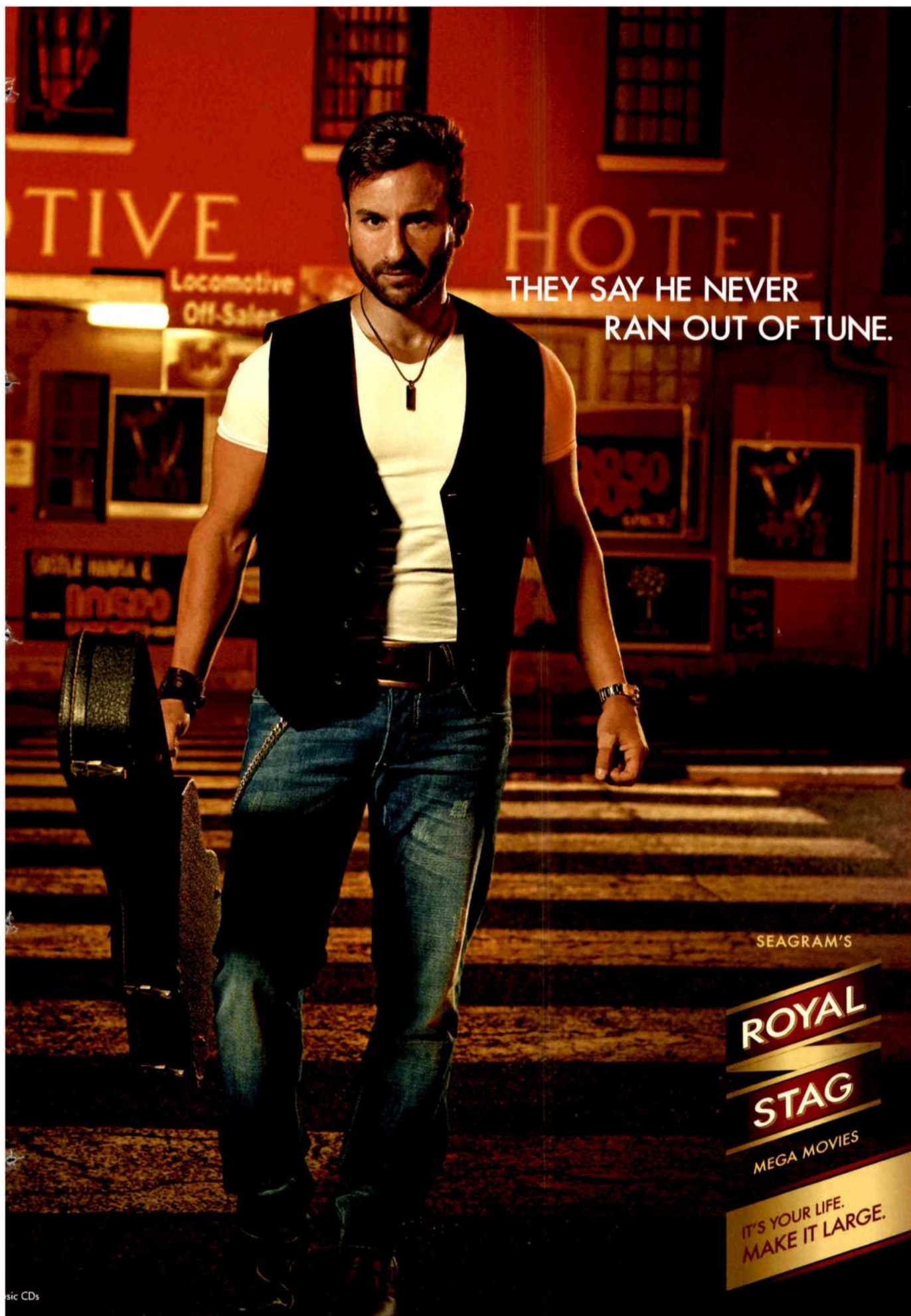
FOOD AND DRINK

Beverage Bavarian wheat beer
Cocktails Vodka Red Bull
Restaurant Hakkasan, London
Spirit Jack Daniels, Black Label
Favourite Food Thai Peking Duck

APPAREL & GROOMING

Perfume Eternity by CK
Suit Armani, Boss
Shirt Van Laack
Wardrobe must have cool ties





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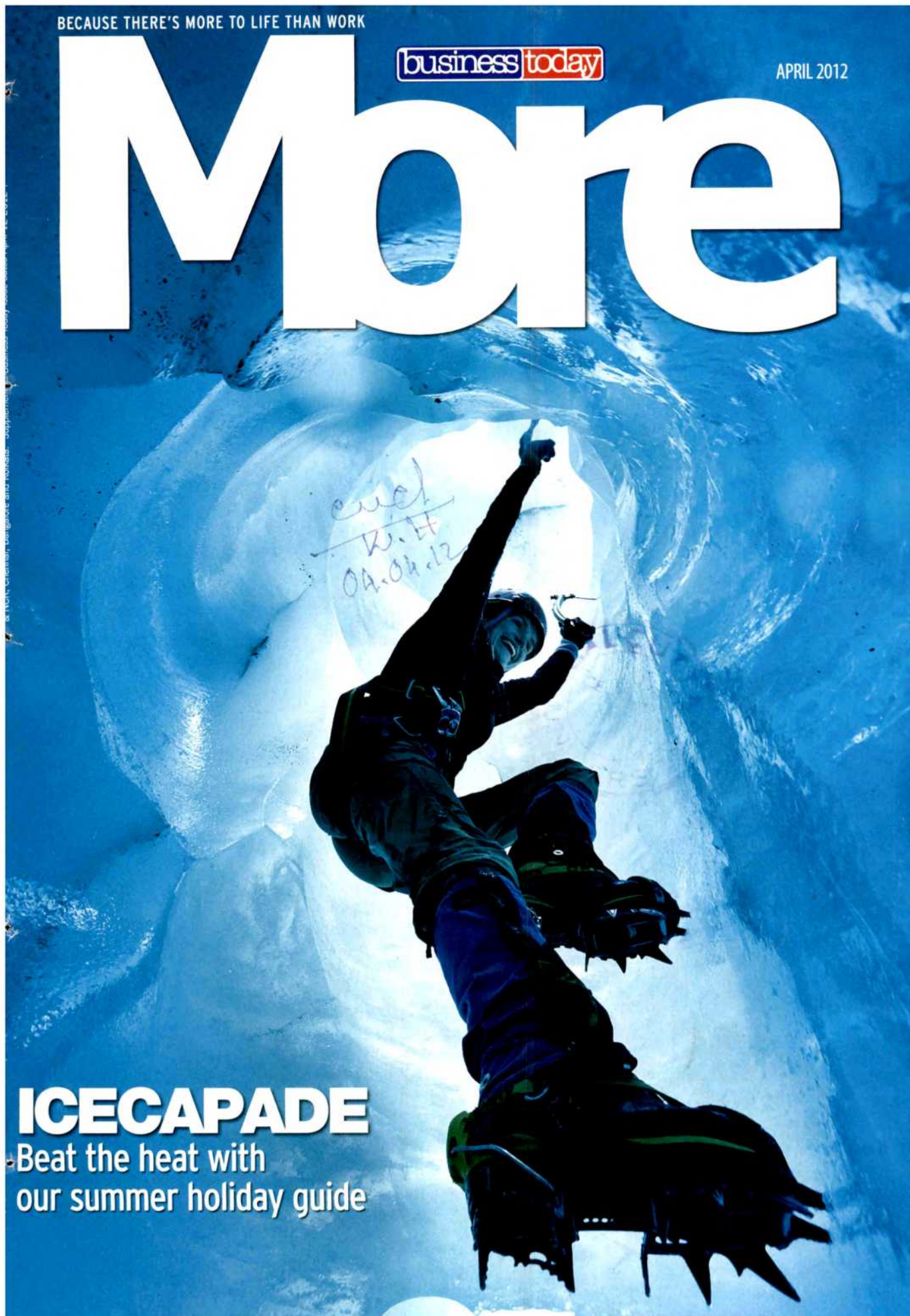
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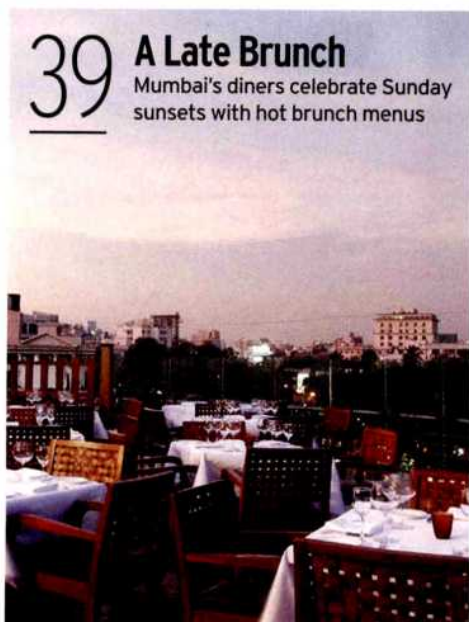
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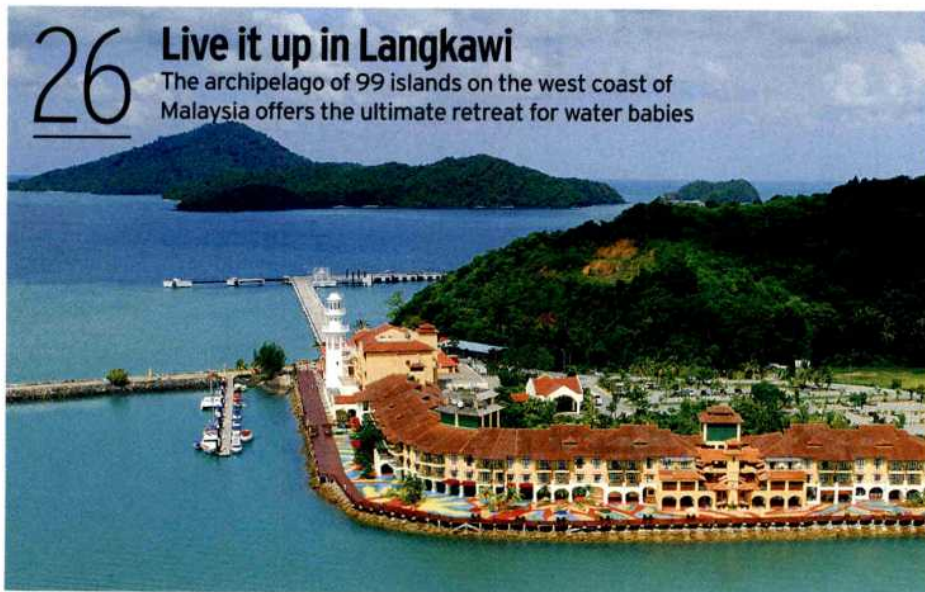
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Off The Beaten Track

A self-confessed adventurer, **Karn Kowshik** talks about the new wave of free-spirited vagabonds who aren't slaves to tour guides and travel books.

People go on adventure breaks to add excitement to their lives. Yet, what often happens is we end up with more stress than enjoyment. Here's how you can avoid common rookie mistakes.

Being Ready

Adventures are physically and psychologically straining and require top fitness levels. Hit the gym or start jogging at least a month before the trip. Take rock climbing classes and brush up on your swimming. Learn basic first aid and carry a basic med-kit along with a warm and light windproof jacket.

The Art of Adventure Building

Thrill comes to those who seek it. Stop depending on vehicles; get driven by instinct instead. Flying to Ladakh is

pass so why not climb the 6,000 metre Mt Stok Kangri instead? Or how about kayaking around the Andamans instead of driving around them? Think beyond the usual. If rafting the Rishikesh tides seems done to death, head to the North East for a two week expedition down the Brahmaputra.

Travel like the Local

Natives often have insightful perspectives. Give the travel guide a break and ask locals about the paths they take, specially in hilly and desert terrain. This opens up lesser known areas. So, instead of hiring a pony, lace up your trekking shoes.

The Great Indian Outdoors

Some lesser known exploits around India include canyoning the waterfalls in Manali, skiing the slopes of

Gulmarg, Solan Nallah and Auli; and downhill mountain biking in Kerala's Munnar range. Another thrilling trail is a trek through the Spiti valley in Himachal Pradesh. Nestled in the majestic Himalayas, the villages here are easily among the highest human settlements in the world.

The Budget Line

For adventure sports, instead of renting an expert on the spot, go through an agency. This works out cheaper and takes care of essential equipment. Expeditions can cost you anything upwards of ₹5,000, so save up by lodging in tents, cooking locally available foods and trekking around.

*The writer co-founded the company **Geck and Co Adventures***



THE GOLFER'S MASSAGE

The two prerequisites to a golfer's bends and swings are a flexible upper body and strong and firm pair of legs. Wring out the knots in your muscles and get ready for a better round of action on the greens. Here's a massage designed specifically for the golf junkie at **Tarudhan Valley Golf Resort**, in the Aravallis.

Pre Game Strokes

Loosen up golf-specific areas which comprise hip flexors (the muscles in front of the thighs and abdomen), the thoracic spine (or the middle portion of your back) and neck and shoulders. This should be a dry massage in rhythmic circular strokes

around these areas. Follow up with a hot towel compress.

Duration 20 to 45 minutes

Post Game Stretches

Massage the muscles you've exercised the most, for instance shoulders and upper back for those long drives down the course, to the lower back that bends as you putt. To release exertion you should focus on a deep massage done with herbal hot oils, specially sesame and rosemary-infused ones. Follow up with a five to eight minute steam.

Duration 30 to 45 minutes

Quick Tip A 10 minute stretch to improve blood flow before and after the game is recommended.

SPRUCE UP THE HOMEMADE CAKE

Mohammed Sabir, pastry chef at Gurgaon's new European fine dine Eurail, makes baking at home creative.

- Melt two white and brown chocolate bars separately in a double boiler. Then spread the brown chocolate onto a foil with a brush. Next, brush on the white chocolate. Refrigerate for 10 minutes and peel off the foil. The result in an animated impression of waves.

- A layer of whipped cream on your cake turns it into a canvas. Now, use assorted fruits as paints. Divide them by colour and chop them up finely. Look at getting dark, medium and light mixtures, and create your own design.

- Bake two cakes of different flavours and join them with a layer of butter cream. Try pairing a Red Velvet cake, which is a vanilla cake coloured with beetroot, with an almond cake. Discover combinations that you like.



SOUNDS LIKE YOU KNOW ABOUT CARL JUNG

1. Carl Jung, who is sometimes called the 'Darwin of the Mind', is widely considered to be the founder of modern psychiatry and analytical psychology

2. At 38, when he suffered from visual and aural hallucinations, he deduced them as works of an active imagination.

3. Jung allegedly had apocalyptic visions of blood before the First World War. He

believed this established a mysterious link between internal and public rage.

4. Jungian psychiatrists believe everyone carries a shadow, which is the repressed and unacknowledged part of one's personality. Dreams light up this shadow.

5. His dream analysis started a second wave in psychology and is still the only serious competition to Sigmund Freud.

IT'S TIME FOR SUMMER COCKTAILS

Summer is around the corner, and ditching that single malt for a chilled fruit cocktail is a welcome idea. Frank Cohen, Regional Director, Asia Pacific at Stolichnaya Vodka, suggests cocktails based on the brand's smoothest clear vodka, Elit.

● Classic Martini

Add two parts of vodka to a splash of vermouth. Pour in another few drops of dry vermouth in a chilled martini glass and swirl to coat the inside of the glass. Shake out the excess vermouth from the glass. Gently stir the vodka and vermouth mix in ice and strain into the glass. Garnish with an olive.

● Elit and Masterful

You need one part vodka, a cube of brown sugar and two dashes of bitter champagne. Place the brown sugar cube in a flute and add the bitters and vodka. Fill up with champagne.

● Hollywood

Take two parts vodka, one part black raspberry liqueur and one part pineapple juice. Shake with ice and strain into a chilled martini glass. Garnish with lemon twist.



VEDANTA FOR CORPORATE SUCCESS

Anupam Dasgupta, General Manager at Ananda Spa in the Himalayas, wants corporate India to benefit from the wealth of Vedic knowledge. The spa's guide to Vedic philosophy is summarised from Swamy Parthasarthy's book 'Governing Business and Relationships'. Here's how Ananda believes executives can find calm.

Corporate Effectiveness

A strong intellect is the path to corporate success. The way to develop and strengthen intellect is by questioning everything. Reading meaningful and thought provoking literature is a good way to develop a strong sense of self. Most organisations tend to organise work in independent circles, whether by departments or teams or hierarchies. Vedanta teaches organisations to function as concentric circles where the centre of the circle is the welfare of the company and not of oneself. Workers must understand that individual success is a consequence of group success.

Time Management

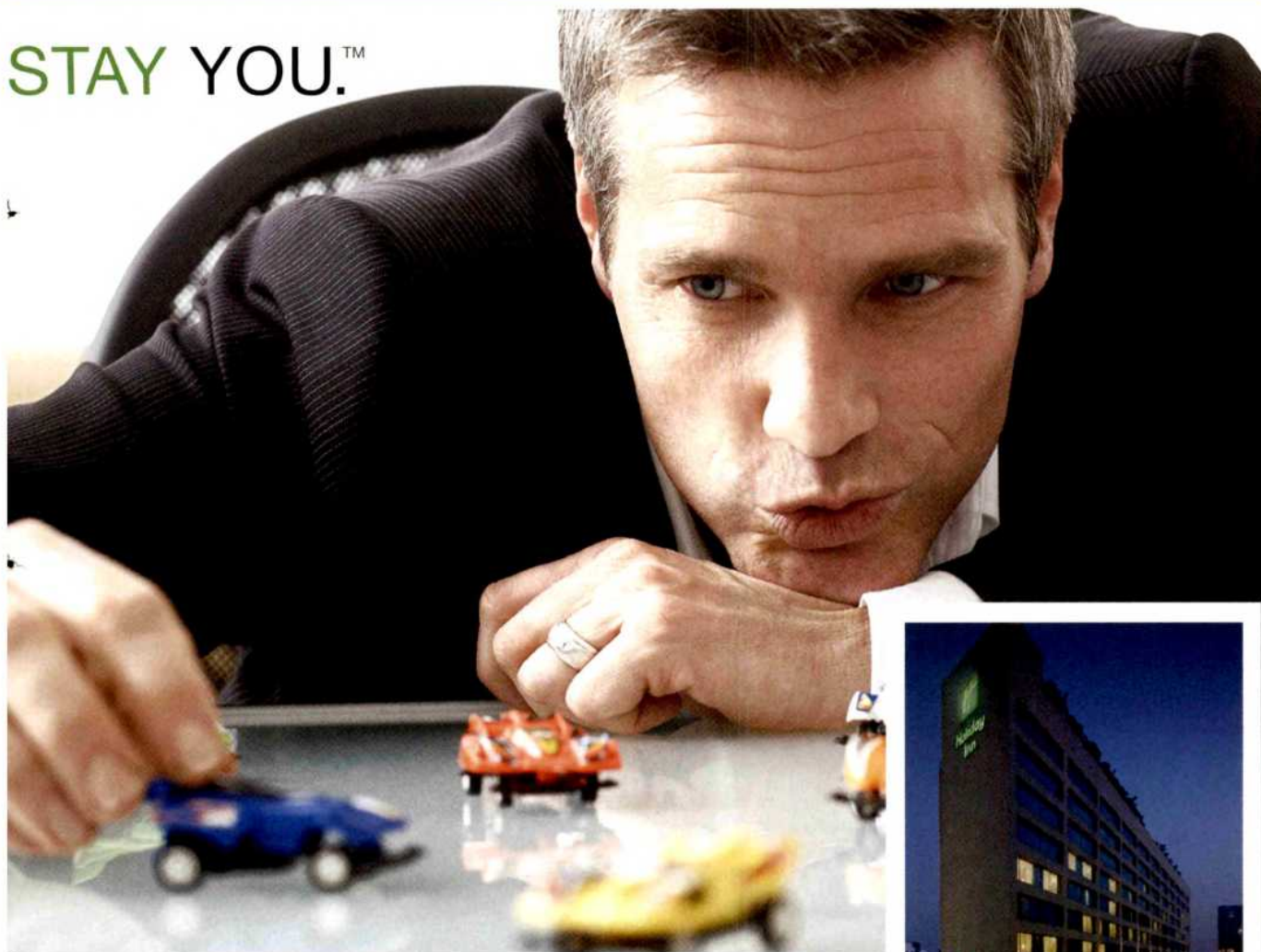
More than managing time, the problem is managing oneself. Don't blame factors like excessive workload, or lack of cooperation from colleagues. Take on work that's well within your mental and physical capacity. Another cause of delays and failed deadlines is the forward planning approach. Instead, plan backwards from the end goals to develop a perfect line of action and execute every detail step by step.

Stress Management

Vedic philosophy holds that work can never be tiring. What actually causes fatigue is worrying about the past and anxiety for the future. Vedanta calls for focussing your attention on the present. The practical way to getting relief from stress is by assessing the world around you and establishing the right relation with the environment, person or situation you encounter. In other words, be true to the situation and assess things and people as they are and not as you want them to be.

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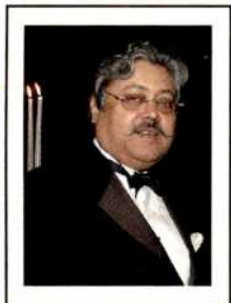
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COLLECTOR'S OUT



CHETAN SETH
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Castro's Pride

The cigar world's puff daddy takes us through his collection, and inspires many new ones.

There are a million metaphors attached to the cigar. If King Edward VII considered it figurative of a life of excess, Freud and Churchill lent it depth and character.

The elaborate cigar-making process begins by hand-picking tobacco leaves. These are rolled on a woman's thighs and finally left to age in temperature controlled humidors. Creating a fine cigar is a skill rare to Cuba, Honduras and the Dominican Republic. In all, the cigar is destined to remain the preserve of a tasteful few.

Some of my favourite cigars are torpedos. Unlike straight ones, these have pyramid shaped heads that concentrate flavours and aromas on the palate. My collection includes the well balanced Montecristo No. 2, the spicy Partagas Serie P No. 2 and the vegetal Romeo Y Julieta Belicosos. My latest acquisition is the Cohiba 1966. This *Edición Limitada*, launched last year, commemorates the 45th anniversary of the company eponymous set up to cater to former President Castro's fancies.

If you're new to cigars stick to tried-and-tested Cuban brands. Diversify your collection with shapes instead. Romeo y Julieta's Romeo No. 2 is a popular and easy corona. The Cohiba Siglo I, described as a petit corona, adds a bit more punch. Balance out your collection with the long and evened-out smoke of the Partagas Lusitanias and the H. Upmann Magnum 46.

To add strength, stock up on robustos. The Partagas Serie D No. 4 is a short yet strong smoke. The Hayo De Monterrey, on the other hand, evolves in intensity without being

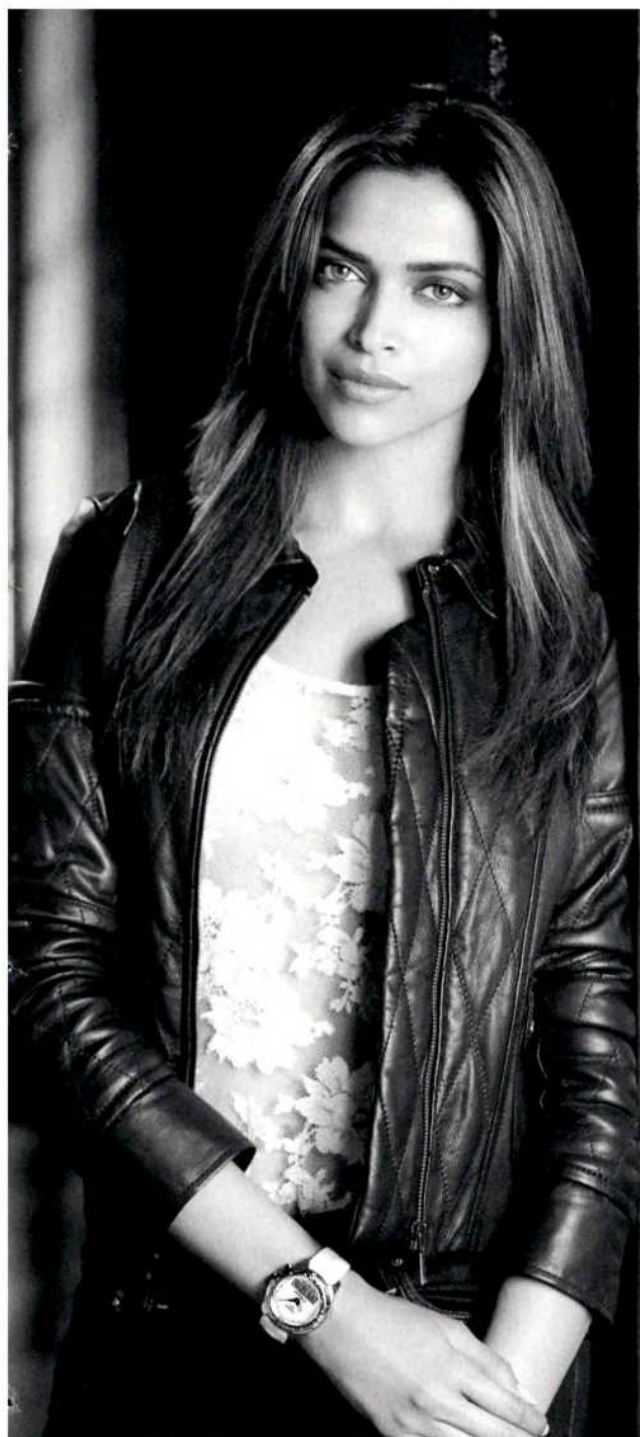
vigorous. Round off your collection with complex churchills and torpedos. The uninitiated mustn't try these strong flavours at the outset. To be able to appreciate heady smokes, a steady progression from mild to medium-bodied is recommended.

Cigars need humidity levels between 70 and 75 per cent. Temperatures shouldn't cross 20 degrees celsius. Although all humidors come with a hygrometer, check the cigar by pressing it between your thumb and index finger. A crackling hard one is under-humidified, while a springy one is ready to be enjoyed.

All said and done, the cigar is and will always go beyond its worth in puffs.

The writer is the founder of Cingari, India's only retailer of Habanos Cigars.





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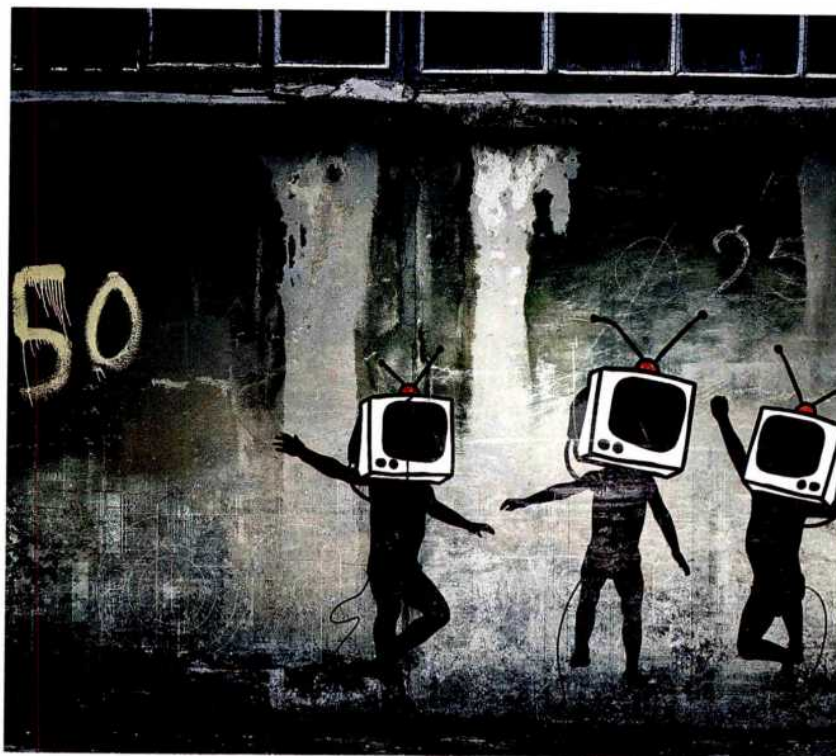
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THINK TANK

Banksy Copycat

The elusive British street artist has inspired talent halfway around the globe

Much like his predecessor, there's very little we know about the Russian street artist painting Moscow red. What's certain is he goes by the pen name, P183, is 28 years old, and has studied communicative design. Reminiscent of Banksy's tongue-in-cheek style, P183's artwork engages in unabashed political and social commentaries with a playful, quirky edge. Scattered across Moscow's cityscape, he creates eye-catching visual illusions that explore the interaction between art and the urban environment. While some consider P183's arrival on the street art scene a threat to Banksy, it could equally be said, that the Russian has made a bold statement in favour of street art and creative expression. Banksy himself divided the art commu-



nity the world over, with many critics skeptical of his work and what it represents. There's no denying, though, the man's immense talent. So much so, that Andrew Nairne, head of arts strategy at Arts Council England and a judge for Britain's prestigious Turner Prize, once tweeted high praise for him. Banksy was never nominated for the Turner

Prize, but Nairne gave him his due by saying he found his work 'smart, funny, generous and original'. The guerrilla art of Banksy and P183 might not be applauded by the mainstream art establishment, but they have transcended gallery space by appearing on our street corners. Art no longer has a snooty, uptown address.

BT MORE NEW RELEASES



The Cold Light Of Day, Fiona Louise
Starring Bruce Willis, Sigourney Weaver and Henry Cavill, this docu-drama is based on the Cranley Gardens serial killer, Denis Nielsen, who murdered 13 people



The Raven, James McTeigue
John Cusack stars as the writer Edgar Allan Poe, who is tracking down a murderer imitating his stories. Also starring Alice Eve and Luke Evans, prepare for solid suspense.



Counting Crows, Underwater Sunshine
After going independent in 2009, this album represents the band's effort to connect with fans through social media and boutique management



Nicki Minaj, Pink Friday Roman Reloaded
After introducing her new album at the Grammys, American hip-hop artist Nicki Minaj's second studio album is highly anticipated



Farther Away: Essays, Jonathan Franzen
His last book *Freedom* was the most talked about of 2010. Franzen returns with a compilation of essays and speeches with human and literary themes.

ONE FOR THE BOOKWORM

Francis Bacon said, "Some books are to be tasted, others to be swallowed, and some few are to be chewed and digested." Alluding to the last category, here's a compilation of the top 10 fictional titles from the 20th century. Validated by 125 of the greatest British and American writers including Joyce Carol Oates, Norman Mailer and Ann Patchett got among others, these books were shortlisted from among 544 titles and include novels, story collections, plays and poems. Vladimir Nabokov's *Lolita* topped the chart, while Fitzgerald's *The Great Gatsby* came in a close second. *In Search of Lost Time* by Marcel Proust, and James Joyce's *Ulysses* and *Dubliners* ranked third, fourth and fifth respectively. Edited by J. Peder Zane, *The Top Ten: Writers Pick Their Favorite Books* gives readers a glance into the building blocks of modern writing by drawing on the wisdom of literature's greats. Available on Amazon.



Murphy's Law – Revisited

Tracing back to the 1940s, Murphy's law asserted that 'anything that can go wrong will go wrong'. A new book written by the physicist and TV presenter Brian Cox and professor Jeff Forshaw from the University of Manchester, seems to take off from that strand of thought. Their book, *The Quantum Universe: Everything That Can Happen Does Happen* travels through the fundamental weave of nature to explain everything from space and technology to the functioning of the human mind. Propagating quantum theory as the basis of it all, their theories provide food for thought.

THINGS TO DO THIS MONTH



DAMIEN HIRST AT TATE MODERN

Rising from humble beginnings, this will be Hirst's first major retrospective in the United Kingdom. Known among other works for his diamond skull pieces, the artist's auctions have placed him as a leader in the world of global art. The show in London, will include 70 sculptures and will be held between April 5 and Sep 9. **Website** Tate.Org.Uk

INDIAN FILM FESTIVAL OF LOS ANGELES (IFFLA)

Showcasing films about India, from India, made by Indian and international filmmakers, the IFFLA aims at propagating widespread appreciation for Indian culture and cinema. Recognising both alternative and mainstream talent, this event packs in both talent and star power from April 10 to 15. **Website** IndianFilmFestival.org



INDIAN PREMIER LEAGUE 2012

The 2012 IPL season will be the fifth edition of the competition established by the Board of Control for Cricket in India. Both the opening and closing ceremonies will be held in Chennai, home ground of the reigning champions, the Chennai Super Kings. This year's tournament lasts from April 4 to May 27. **Website** IPL20.com



BUDAPEST SPRING WINE & JAZZ FESTIVAL

The 7th annual Spring Wine & Jazz Festival will be held in Óbuda, Budapest from April 8 to 10. Giving wine lovers a chance to sample some of Hungary's finest vintages, the event also showcases some popular Hungarian jazz bands with free entry to all of the concerts. This gastronomic and music festival welcomes the spring season. **Website** VisitBudapest.travel

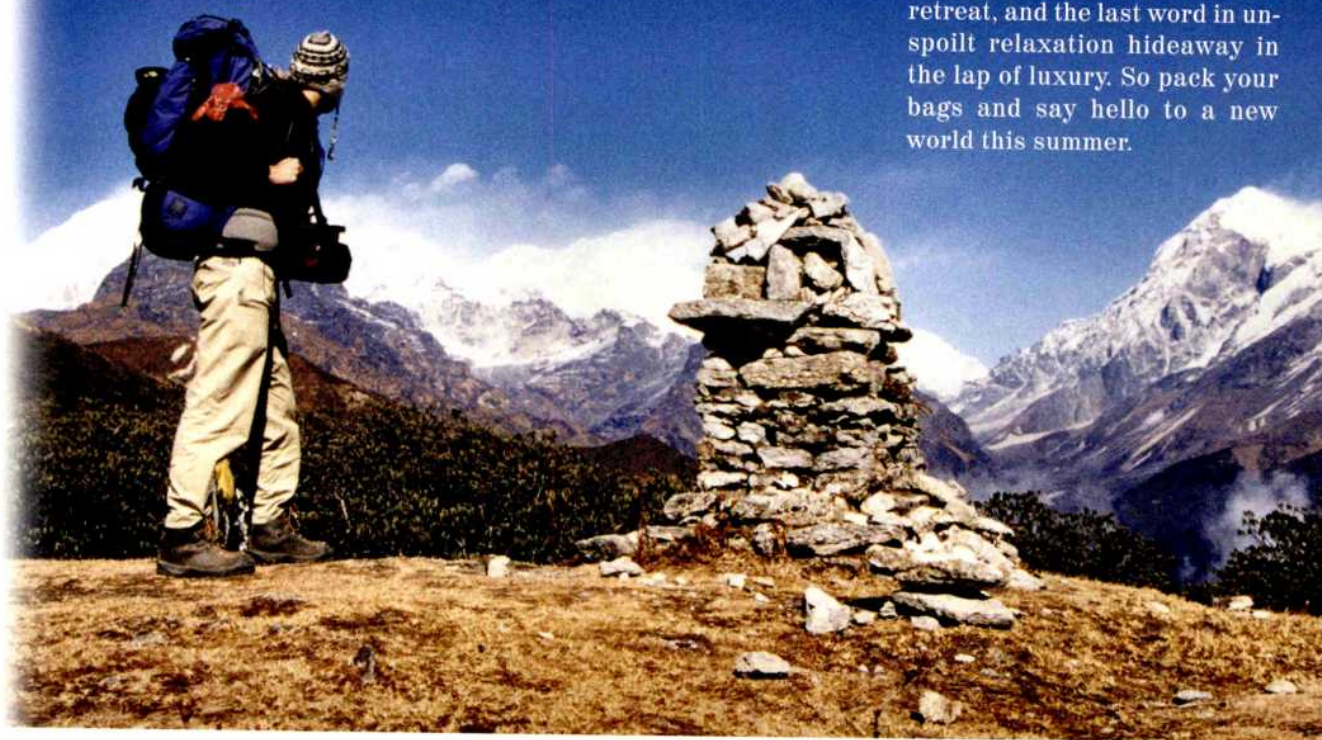
Access All Areas

Get off the beaten track this summer and explore destinations that are unique yet close enough to your city to merit a weekend escape

BY ANUSHREE BASU-BHALLA

City-break season is here. Now that you've soldiered on through the turn of the financial year, it's time to indulge yourself with a weekend vacation that's long enough to rejuvenate the tired body, and quick enough for you to get back to work on Monday. But when it comes to short breaks, especially in a peak season like summer, the challenge is to travel to an offbeat location; far from the touristy, and tried-and-tested spots like Manali, Mahabaleshwar and Mysore.

There is something about revelling in the highs that accompany the discovery of an unusual weekend getaway. So here's our list of unspoilt holiday destinations that reconnect a city slicker with the great outdoors. We bring you an adventure haven, an estwhile royal summer home, a heritage homestay, a river retreat, and the last word in unspoilt relaxation hideaway in the lap of luxury. So pack your bags and say hello to a new world this summer.





THE KIKAR LODGE, ROPAR

For adrenaline junkies, Punjab, the unassuming Land of Five Rivers has rarely been the destination of choice. That was before late 2011, when two Britishers, Jonathan Walter and Richard McCullum of Flying Fox, set up Asia's longest zipline experience—a generous 1.5km stretch divided into five tiers—in Ropar. An hour from Chandigarh and five hours drive from Delhi, Ropar is a tiny town flanked by the Shivalik Hills. This town, was traditionally viewed as the seat of Sikhism, owing to the two takhts that stand on these venerable lands: the Anandpur Sahib and Kiratpur Sahib gurudwaras. It is now emerging as a new weekend getaway destination that combines family fun with adventure.

What promises a rejuvenating weekend escape is the seamless blend of quietude, creature comforts, and adventure, offered by The Kikar Lodge, a lavish 1800-acre of a sprawling property in Ropar, which houses not just the zipline experience but also mountain biking, rappelling, paintball, horseback safaris, besides the 30-odd km of hiking trails throughout the estate. These are enjoyed under professional guidance by Xtremeways, an outdoor adventure company. Touted as

'India's first private forest reserve' it's not surprising that there's enough room for a vacationer looking for a slice of the wilderness and some deep-tissue pampering, (there's a world-class spa offering Thai and Ayurvedic rituals). The best time to get there is around breakfast, so that there's ample time to line up the adventure activities one wants to indulge in for the day.

The Kikar Lodge ensconced amidst lush foliage (above).
Richard McCullum on Asia's longest zipline (below).



Get Going

Getting There

Ropar is located 70 km away from Chandigarh and 250 km from Delhi

Tariff

Rooms/ Cottages range between ₹14,000-₹18,000 on twin-sharing basis with all meals.

Zip Away

The Kikar Lodge zip tour is priced at ₹1,660 per person. For bookings call Nitesh on 75894-10239

THE MACHAN, JAMBULNE

Get Going

Getting There

Jambulne is located 18km outside of Lonavla, and is 110km from Mumbai.

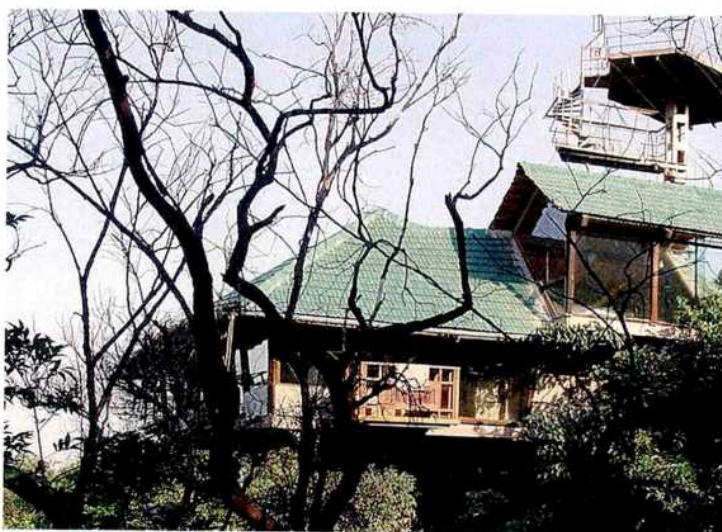
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Treehouses start from ₹10,000 per night for a family. Tel: 959 405 3113; (www.themachan.com).

Experience

Each cabin comes kitted with vast beds, a piping-hot power-shower, and museum-worthy antique furniture, and balconies that open into the wild.

A treehouse vacation close to Maximum City seems nothing less than a dream in the mind of a tired urban dweller. A cat's nap away from the worn-out vacation spot Lonavla, stands Jambulne, where one can realise this fantasy. The place is a nature-lover's treasure trove and is one of the richest ecosystems in the country. Add to that is an eco-friendly and equally plush treehouse resort, aptly named The Machan. Spend a weekend tucked away in the treetops and escape the crowds of the nearby hill stations. Set in the heart of a pristine 25 km estate, the property has four treehouses that rise above the dense foliage of the Sahyadri



The Machan, located just two and half hour's drive from Mumbai, is a perfect hideaway for a quite weekend in the wilderness

Hills on the Western Ghats. Each treehouse overlooks the lush valley below and sleeps an entire family of four to six. The Machan is completely self-sufficient, generating all its power from wind turbines and solar panels and using only natural spring water.

VISALAM, CHETTINAD

The Nattukottai Chettiars were probably the most boisterous businessmen who flourished in South India during the Chola regime. Apart from their unparalleled reputé as enterprising entrepreneurs, this community was also revered for its generous hospitality, love for food, and rich architecture. Cut to 2012, and Chettinad is one of the most popular holiday destinations in South India, for people who wish to revel in the colourful heritage of the Chettiars and their legacy in gastronomy. Chettinad is situated in the Sivaganga district of southern Tamil Nadu and is a cluster of 75 villages that takes you back to the times of the Chettiars, who made a fortune here as money lenders, merchants and jewellers. Particularly endearing is the tiny village of Kanadukathan, near Karaikudi, the principal town in this area. This village alone boasts of some 100 mansion, including the Chettinad Heritage Palace, or as it is popularly known, the Raja House.

To enliven in true Chettiar tradition, rent

a room in Visalam, a heritage property by CGH Earth and part-owned by the original family. Built 75 years ago, it is a typical Chettinad house that blends art-deco, colonial and south Indian architectural styles—think a colonnaded corridors with rows of heavily bolted doors on either side.

The grand Chettinad Palace or Raja House stands tall over Kanadukathan village



Get Going

Getting There

Chettinad is 128km from Madurai and eight hours drive away from Chennai.

Tariff

Rooms available from ₹14,500 onwards. Tel: 04565-273301.

Savour

Tuck into typical Chettiar feast here that includes quail, rabbit, pigeons and other game meats cooked in fiery spices.

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FERNHILLS, MASINAGUDI

Located approximately 30 kilometres off the rather frequented Mysore-Ooty highway in Karnataka, is Masinagudi. The green hill-town is located at the foothills of the Blue Mountains, the Nilgiris. While the destination isn't particularly new among wildlife enthusiasts (its proximity to the Mudumalai Wildlife Sanctuary makes it a

plausible base for an overnight halt,) the area's biodiversity attracts the discerning traveller. This is also the place where the writer and formidable hunter Kenneth Anderson gunned-down maneaters. The shola forest is home to pipits, sunbirds, the

elusive Oriental White Eye, elephants, langurs, cheetals and even tigers. En route to Masinagudi is a rare sight to behold: the Moyar River Gorge, also called the Moyar Canyon or Mysore Ditch. This is a dramatic 20-km-long gorge dug out by the Moyar River that plunges dramatically to create a breathtaking 260-metre wall of water popularly known as the Moyar falls. Further down the Masinagudi and Ooty highway is Fernhills Palace, the erstwhile summer home of the Mysore royals, and a perfect pit-stop.

A WelcomHeritage-owned estate, the Fernhills Palace was built by Captain F. Cotton of the Madras Engineers Regiment in 1844. The rich, crimson exterior of the state-ly palace stands out against the lush green backdrop. There are 19 rooms in all, each overlooking terraced tea gardens. While interiors retain much of the colonial grandeur once associated with the property, its manicured gardens are great for a leisurely stroll.

Get Going

Getting There

Masinagudi is about 250 km from Bangalore, en route to Ooty.

Safaris

The National Park organises van safaris into unspoilt sanctuary areas, either from 6.30-8.30 am & 3-6 pm.

Tariff

₹12,000 (deluxe room); ₹18,000 (luxury room); ₹27,000 (maharaja room on twin sharing. Tel: 0423 2442555)

The toy-train from Mettupalayam is the best way to enjoy the eco-diversity of the Nilgiris (above). The Fernhills Palace was the summer residence of the erstwhile Maharaja of Mysore (below).





GANGA KUTIR, SUNDARBANS

The archipelago known as the Sundarbans, a UNESCO World Heritage site, still retains the rawness of an uninhabited neverland; the novelty of a little-explored destination. For instance, getting there is a tedious task involving changing modes of transport from land to water—the best bit of the journey though is the latter on a ferry boat. Etymologically advertised as ‘beautiful forests,’ the area is the largest mangrove forest in the world and draws its name from the indigenous sundari trees found here. It is the home of the revered Royal Bengal Tiger, and is a natural habitat for jungle fowl, giant lizards, spotted deer, wild boar, crocodiles, and other 425 species of fauna.

Located at the mouth of the River Ganges near Kolkata, these chimerical islands with their constant shifting, melting, and resurfacing create an illusion of eternal evanescence. To fully romance the river, head to Ganga Kutir that lies on the outskirts of Sundarbans, on the banks of a wide

and tranquil Ganges at Raichak village. It is just within a two-hour drive from Kolkata. Ganga Kutir’s 16 rooms and a suite sport terracotta walls with big bay windows and day-beds, verandas with deckchairs, and a large lotus pond. The property exudes subtle luxury that is earthy yet sophisticated, much like the Sundarbans itself.

A ferry boat on a tranquil Ganges (above). The expansive yet modest Ganga Kutir (below).



Get Going

Getting There

Ganga Kutir is located about 50km from Kolkata

Tariff

₹12,000 (standard room); ₹15,000 (deluxe room); ₹18,000 (suite) on twin sharing; taxes extra. Tel: 033-40404040

Ferry Around

Luxury cruises available for 4D3N @ ₹40,000 onwards. www.sundarbancruises.com

BT More | ADVENTURE

Die Another Day

Here's a bucketlist of adventures recommended by Ben Fogle, the host of BBC Entertainment show *Year of Adventures*. A lesson in living on the edge.

BY R PALLAVI



Nothing compares to the thrill of an accelerated free fall from an airplane

Suspended a little below a cliff, you hear something snap. Out of habit, you look first at the valley far below. Then you look up.

To your fright, it is the rope succumbing to the constant friction against the stony mountain. For adrenaline and adventure junkies, this is just another day at the office.

When your line of work shuttles between life and death, work ethics are about precision, planning and instinct. One man who agrees with this is Ben Fogle. He finds pleasure in calculated risks. The English

adventurer came into limelight on the BBC reality show *Castaway 2000* which marooned him on the Scottish island of Taransay for a year. Here, hurdles were perceived as challenges and survival was the only silver lining to look for, a philosophy that continues to draw Fogle to the deadliest of terrains.

Such gladiatorial strength akin to heroic valour, has powered him to carry out death-defying stunts with a sense of calm; from salvaging cap-sized boats in the Atlantic, to escaping crevasses in the South Pole.

Today, he doesn't live to tell

tales, but to write many more. In an interview with BT More, he reminisces about his recent BBC Entertainment show *Year in Adventures* and suggests escapades that aren't worth a miss.

24-HOUR BIKE RACE

Utah Outback, USA

The wind has played sculptor, and carved out bridges and arches in the desert around Moab in Utah. It now stands as an animated expression in crimson rock. The undulating landscape beckons those who wish to put their athletic proportions to

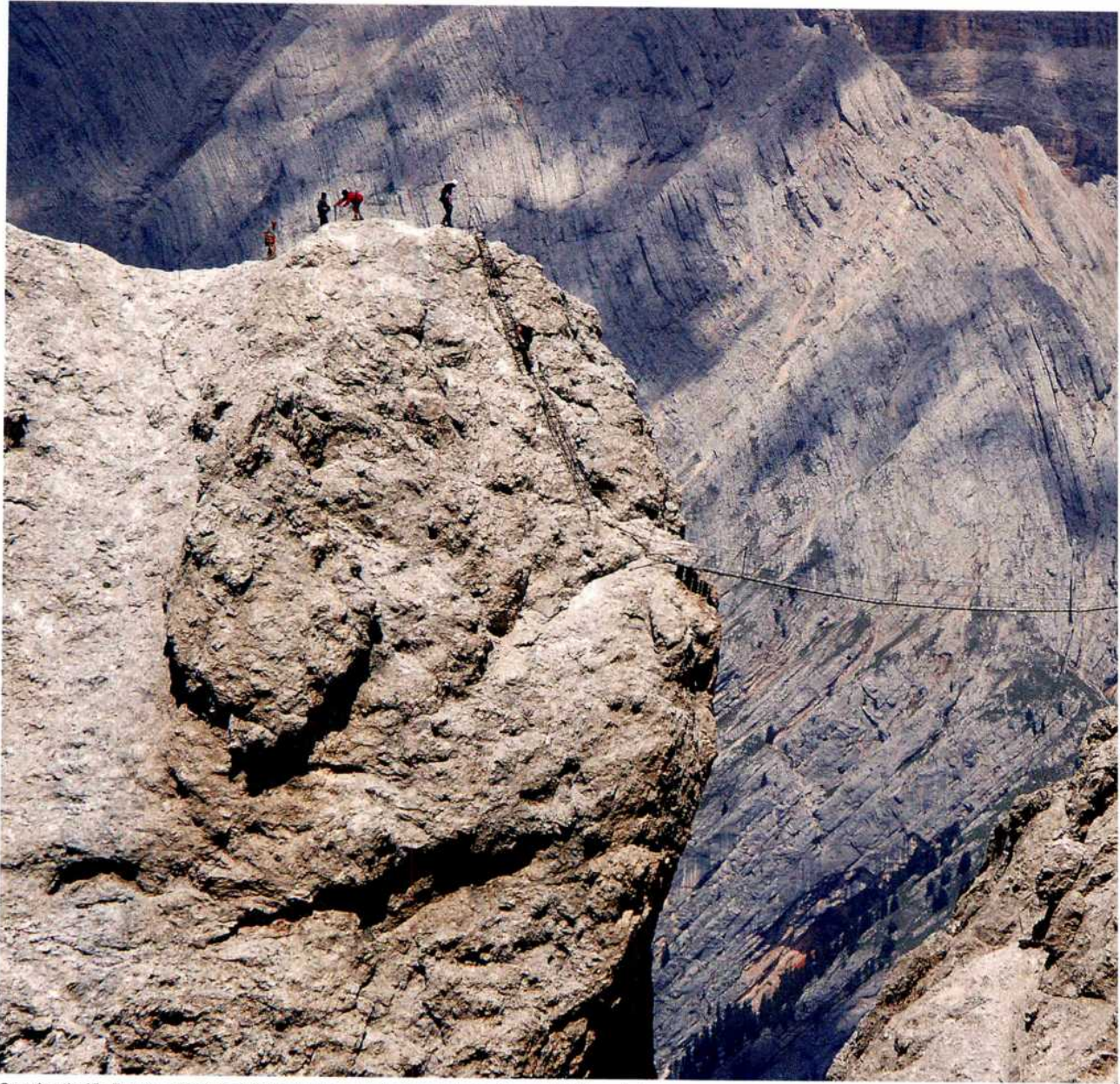


The undulating rocky stretch around Moab in Utah puts your riding skills to the test

just across from office.
But an entire universe away.
LET THE WORLD WAIT.



facebook.com/blackdoggasevenings



Crossing the Via Ferrata or the 'iron path' in Italy's Dolomite mountains isn't for the faint hearted

test. Here, Fogle has no path; he just creates his own as he peddles through jerky stone, loose mud and even reptiles. A seemingly endless route keeps him glued to his manoeuvrable yet sturdy machine for hours. Fogle chooses to charge through the varied terrain in a 24-hour race, where he partners with friend and ex-SAS commando Bernie Shroobree. The prolonged adventure is an exercise in balance and team work and

absorbs riders passively into the landscape's changing radiance through phases of the day. Avoid the dusty desert haze of summer and enjoy the Moab's snow sprinkled surface instead.

MOUNTAIN CLIMBING

Punta Anna, Italy

'Because it's there', George Mallory's reason for climbing the Everest in 1924 ascended the practice of moun-

taineering to great heights, and turned tough terrains into hiker havens. In Italy too, the passion compels travellers to skip historic cathedrals and fashion streets, and negotiate the Dolomites instead. The Rocky sandstone Alps were nailed in several places and connected by a Via Ferrata, which literally means iron path, for supplying resources to the Italian infantry during the First World War. This has made it ideal for rock



climbing, base jumping and hang gliding. For Fogle, the real thrill lies in crossing the Punta Anna Via Ferrata. At a frightening height of 1,200 metres (much higher than the world's tallest Burj Khalifa tower) lies a steep ridge, about 800 metres long. This airy traverse gently sways in the valley breeze and is unprotected in places, without wires cables and slabs. As he inches through the narrow bridge, he takes vertigo head on. The chills turn into a heroic euphoria as he gradually reaches the summit.



An enthused Fogle before climbing into the depths of a glacier in Iceland

GLACIER CLIMBING, Iceland

Far from the warmth and surety of everyday, Fogle is being lowered into a volcanic glacier in Iceland. It is cold, dark and he can hear the trickling of a droplet. Scaling volcanic glaciers in Reykjavik, Iceland, maybe an unsettling idea for most, but Fogle considers it 'becoming one with tundra'. Accompanied by his friend and experienced Antarctic explorer, Patrick Woodhead, Fogle makes sure he isn't treading on thin ice. The Arctic white turns dead dark as he scales deep into Icelandic crevasses, and leaves him frost-bitten and snow blind. Here, he evades sharp icicles and focuses his torchlight on marine life frozen in time. In all, an experience that evens out all odds and teaches one why the Arctic should be saved. Fogle comes out a new person, all charged to weather out the night in a carved ice-hole.

SKY DIVING, Australian Outback

With moments of pain, distractions, overcoming fears and accomplishments, adventures mirror our lives.

And nothing explains this better than jumping off an airplane. This time, Fogle heads Down Under and attempts his first solo free fall. As he unbuckles the seat belt and pulls back the airplane door to look down, a cluster of clouds hinder his view. In a matter of seconds, the flight of his imagination has takes off.

LIKE ART, ADVENTURES
TOO IMITATE LIFE. THERE'S
AN OVERCOMING OF
FEARS, FAITH IN ONESELF
AND THE BEAUTIFUL
FEELING OF BEING ALIVE

In an accelerated free fall from 4,500 ft, his body tears through the wind and his mind swings between the extremities of life and death. Soon enough, the barren lands of Bussleton become clearer and a parachute restores normalcy. As his numbed feet touch the ground, he's left with a pounding heart, a bated breath and a sheer sense of happiness that comes with being alive. ■




JAYPEE GREENS
 GOLF & SPA RESORT

A LUXURIOUS RETREAT

Located just a few kilometers from the FI track, all within an hour's drive from South Delhi is another world away, at Jaypee Greens, Greater Noida - a satellite town of National Capital Region. The drive is smooth along the best maintained roads in NCR, as if passing through a countryside.

Nestled in 452 acres of the lush green township at Jaypee Greens along-with the international championship 18 hole Greg Norman golf course - one of Asia's finest, **Jaypee Greens Golf & Spa Resort at Greater Noida** has been set up to become Delhi's first neighbourhood resort.

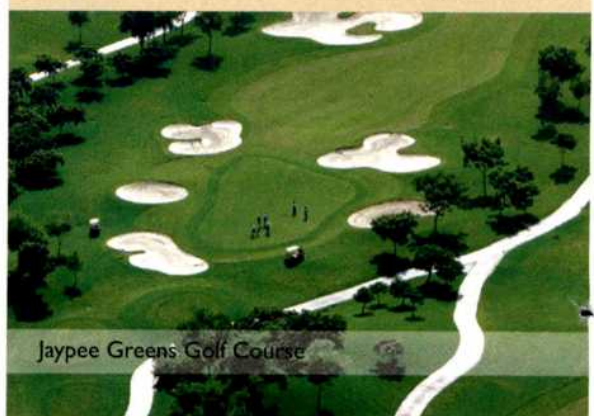
This five star deluxe property that portrays absolute serenity and harmony with nature, is an epitome of elegance.

As you walk into the 170 room resort, high ceilings, light streaming in big bay windows, grand outlets and cosy corners exude a sense of calm and space.

The ambience exudes élan as classic elements blend effortlessly with contemporary architecture and carefully selected sculptures. An iconic property, the resort is bound to change the definition of luxury hotels in India. With spectacular views of the golf course and tropical gardens, it is a harmonious blend of understated luxury, impeccable service, age-old traditions and contemporary sophistication.



Guest Room



Jaypee Greens Golf Course



La Brezza, Fine Italian Cuisine



Eggspectation, 24 hour Resto Café

:: Approx 65 kms from Indira Gandhi International Airport
 :: Approx 44 kms from Connaught Place
 :: Approx 30 kms from South Delhi

Jaypee Greens Golf & Spa Resort

Surajpur Kasna Road, Greater Noida 201306 (U.P), India
 Tel: +91-120-6743000, 2339900, Fax: +91-120-2324700
jggr.reservations@jaypeehotels.com | www.jaypeehotels.com
www.jaypeeresortdelhi.com

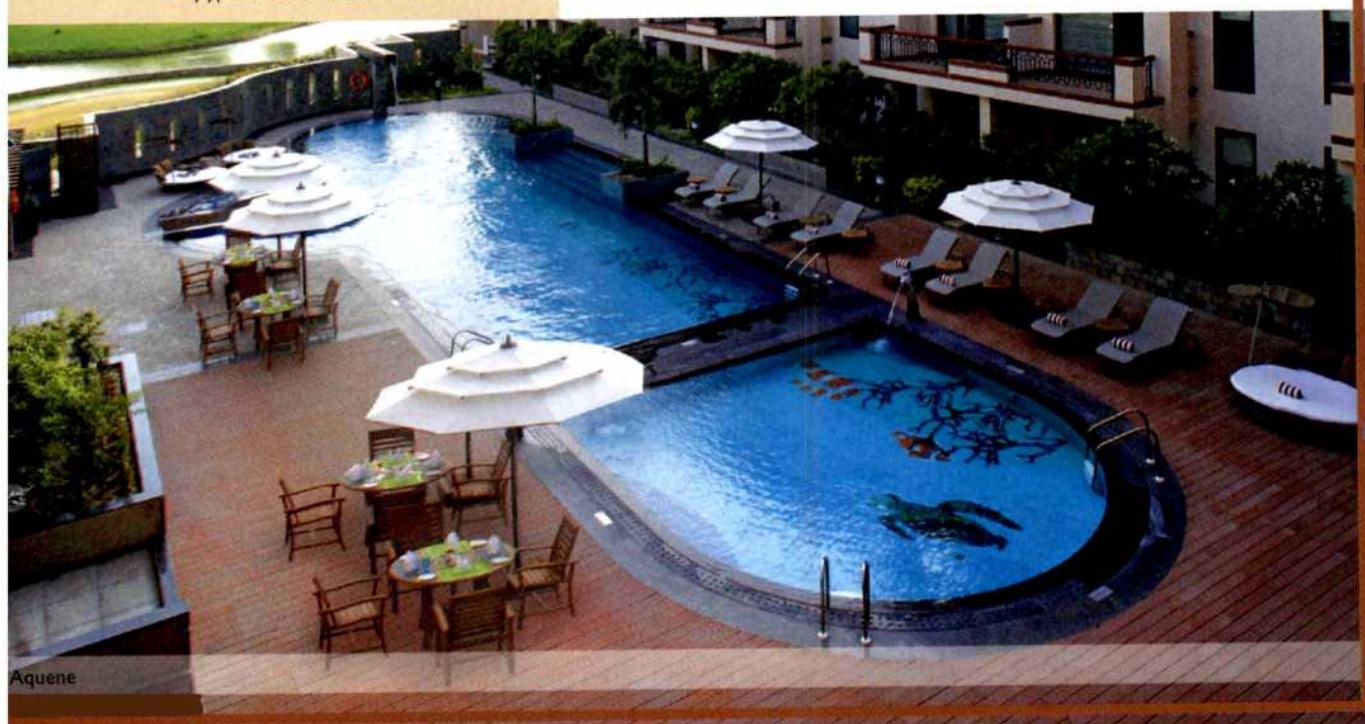
All the living spaces, at the resort, are designed to echo the peace within. Tastefully set in natural tones, the salient features of these rooms include beds with 8 layers of natural linen and latex toppers for ultimate comfort, Apple TV, iPod docking stations and touch screens IP Phone. Designed as private sanctuaries, the rooms and suites are replete with fine strokes of luxury including exceptional artworks and open-to-the-sky Jacuzzis.

The resort has seven premium dining outlets presenting matchless flavours from cuisine across the world, served with panache. The 24 hour resto café, **Eggspectation** spreads out a creative International menu with an eclectic selection of fine fare, including many styles of Eggs alone, making the restaurant one-of-its-kind. Other dining experiences include **Ano Tai** – an authentic Chinese cuisine restaurant, **La Brezza** – the Italian restaurant with **Enoteca Bar**, **Paatra** for Indian cuisine, **Matrix** – The Lounge bar, **The Churchill** – Cigar Bar, **The Tea Lounge** and **Bakers Studio** – the patisserie.

The unique offerings include **Wet Feet** - dedicated areas for kids, **Aquene** - swimming pool for adults with the island bar, an exclusive shopping store, '**The Shop**' with a range of Indian traditional handicrafts, elegant, multi-functional venues with exceptional banquet, conference and offsite facilities. While the 18 Hole Championship Course is a bliss to Golf lovers, the upcoming, very premium **Six Senses Spa**, a super-luxury global spa chain from Thailand provides rejuvenation of a different kind, harmonizing the aura through the senses with a wide assortment of holistic therapies.

The start couldn't have been any better for Jaypee Greens Golf & Spa Resort after hosting the entire FI team, International Pop diva Lady Gaga, Sachin Tendulkar, Shah Rukh Khan and many more celebrities during the inaugural Indian Grand Prix.

Visit to Jaypee Greens Golf & Spa Resort is an unparalleled vacation experience that will be forever etched in guest's minds. It is not just another place to stay, it is a differentiated offering to weave long lasting memories that also combines the finest tradition of Jaypee hotels, a unique Indian hospitality brand.



Aquene

BT More | **DESTINATION**

Not just one but 99 islands anchored in the azure Andaman Sea. Langkawi is for lovers—of beaches, rainforests, resorts and life.

Languorous Langkawi

BY MERAJ SHAH



“Why Langkawi?” repeats the girl incredulously. “Mister, we couldn’t have picked a better spot for our honeymoon. I don’t know why you’re going to Langkawi, but if you haven’t heard, it’s the most romantic place on the planet!” she says, with an adoring glance at her mate. He responds by clenching her hand tighter in implicit agreement.

This recently hitched pair, bound for Malaysia’s famed isles of idyll, is hardly an exception. More honeymooning couples head for this archipelago for a once-in-a-lifetime vacation, than anywhere else in South East Asia.

Let’s get this out of the way right at the start: yes, Langkawi is better with your better half. But even if romance is not on top of the

agenda, the islands abound with wildlife and tropical jungles; the waters are perfect for diving and water sports; and there are enough sites and sights to dazzle eyes not shaded by love's rose-tinted glasses.

Malaysian Airlines Flight 141 only takes about 45 minutes from the bustling capital of Kuala Lumpur. You can tell you're in a vacation haven by the airport. The only other plane on the runway is an aging turbo-prop and you've got to walk across the tarmac to get to the lounge where your luggage appears on the only belt in the terminal. Gone are the business-suited gentlemen and wi-fi zones. All you see are couples murmuring sweet endearments to each other, holding hands, looking decidedly in

THE BEAUTY OF THE ISLES
OF LANGKAWI IS YOU CAN
ENJOY THEM ALONE, WITH
A MATE, WITH NO AGENDA
OR WITH A CHOCK-A-
BLOCK ITINERARY

love. You know the kind, eyes only for each other, the ones who lean that extra inch into each other as they whisper and giggle, sharing what must be a very funny, private joke.

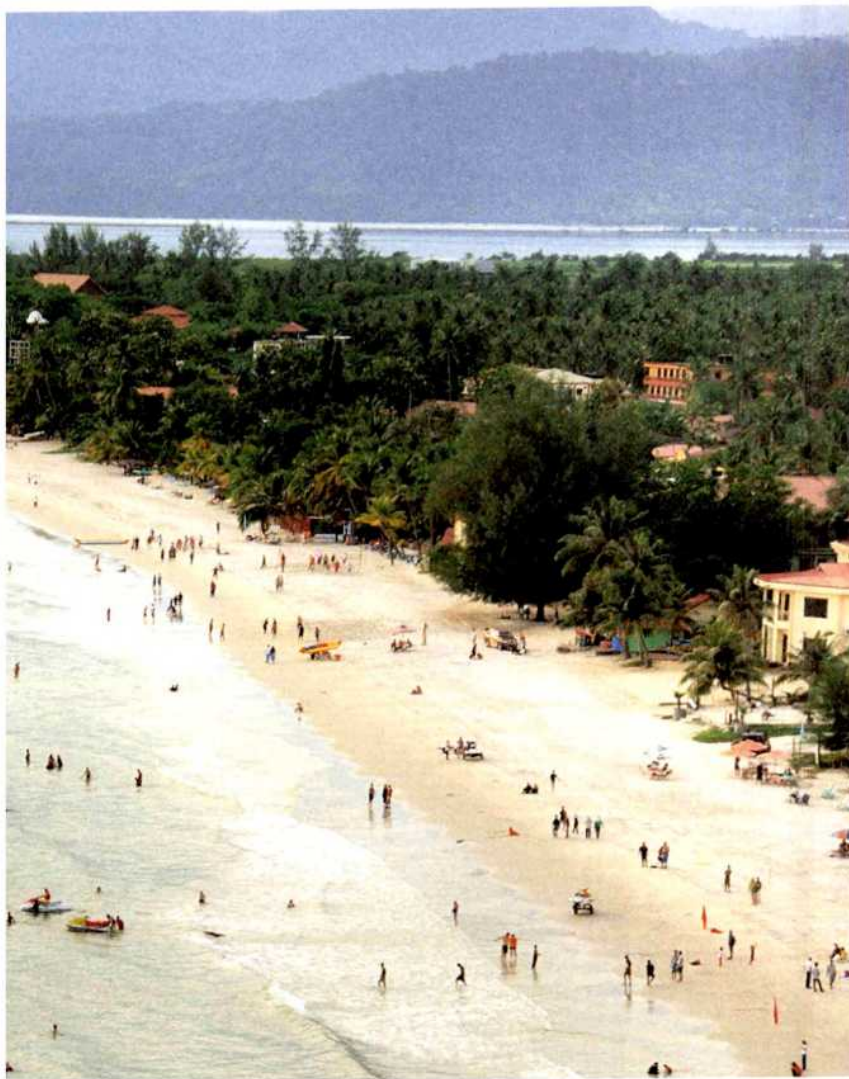
I'm quickly ushered into a waiting cab and driven 20 minutes to my pad for the stay—the plush Four Seasons resort on the Northwest coast of Pulau Langkawi. If you are spending top dollar to stay here then go the whole hog and book the beach villa. The ceiling-to-floor, glass, sliding door opens to a deck with an enormous sun lounge filled with cushions and a few footsteps away is your very own, personal stretch of beach.

There's absolutely no chance, and in fact no reason, to muster up the gumption to leave the resort for the first day or two. Dip into the adult pools, lounge in a hammock and catch up with your reading. Sit in a



At the centre of action in Langkawi, the half-crescent Tengah beach is perfect for watersports or a late-afternoon swim (above). All set for a dive trip to see the astonishing coral reefs of Pulau Payar (below).





love seat and swing at the Rhu Bar as the sun drops past the strip of golden sand into the shifting colours of the horizon. It's a postcard rendered in reality. Tear yourself away from the melting pools of your significant other's eyes and soak in the sunset.

When I do finally gather the resolve to head out, then it's in a kayak moving to the mangrove forests in the Kilim geo-forest park. After a few hours snaking through narrow inlets that are home to an astonishing amount of marine life and getting a ringside view of the erne (sea eagle) swooping down, we head for lunch to 'Hole in the wall', a floating restaurant serving Thai cuisine. Thailand's coast is visible from

Langkawi, and here you'll find probably the most authentic Thai cuisine, outside the country. Also, if a holiday begins to feel like work when you can't get in a round of golf, there are three excellent layouts on Pulau Langkawi, the biggest, most bustling of the three inhabited islands.

Another little gem is the Langun trip into the tropical jungle. The trip culminates with a swim in an isolated lagoon in the middle of the forest. You do need sturdy shoes and some stamina to do this. While Langkawi makes no pretensions of being anything but a languorous vacation town, you have the option, if you are so inclined, to amp up your holiday with as much adrenaline as you can handle. There

Cheat Sheet

GETTING AROUND

Langkawi is a small island and you can rent a car, motorbike or even better, a bicycle, to explore. Taxis are readily available and small cars are fairly cheap to rent during the low season (ranging from MYR50 to MYR120 per day). During the high season expect to pay substantially more. Stick to a licensed operator as illegal rentals do not provide insurance. Envomarine Travel and Tours: Envomarine.com, +604-9552988
Discovery: LangkawiDiscovery.com +6012-5752020

Food

For authentic Thai food head to Restoran Wan Thai (+6012-4308014) in the central part of Kuah town. The restaurant does not serve alcohol and a meal for two is an inexpensive MYR30-100. And if it's Indian food you prefer then look no further than Tulsi Garden (+604-9553011). Indian food in Langkawi (and in Malaysia for that matter) is embellished by the use of local condiments.

MUST DO

Make sure you take the cable car trip. A single trip costs MYR 30 and is well worth the money. Langkawi Cable Car (+604-9594225) Oriental Village, Burau Bay. The Kilim Karst Geopark, on the eastern part of the main island has sea inlets in which it's possible to see the magnificent limestone landscape and marine life. For hiking and trekking head to the Langkawi Geopark. For kayaking, jungle walks and treks get in touch with Anne-Marie at Dev's Adventure Tours (Langkawi-Nature.com, +6019-4949193). The archipelago has various diving locations with the preferred one being on Pulau Payar Island. Expect teal waters and astonishing coral formations. For beach bumming there's no better place than the central Cenang beach / Tengah Beach. The nightlife is surprisingly upbeat: Eagle Rock Café in Tengah has live music and dancing most nights.

STAY

If you're here for the long haul, then consider renting an apartment. Long term vacationers can rent a fully equipped independent cottage for just MYR 2000 (monthly) onwards. The Four Seasons Resort is the premium hotel(FourSeasons.com/Langkawi, +604 9508700). Rooms start from MYR 2,065. The Beach Villa costs MYR 5,860. The Geopark hotel (GeoPark-Hotel.com) is a favourite with those interested in exploring the Geopark and the jungles.



Bird's eye view of yachts anchored at the harbour on the way up to Mt. Machinchang on the cable car.

are water sports, snorkelling, diving, cruising and fishing on easy access. Somewhere or the other (depending on time and location), it's possible to see a pod of Indo-Pacific Humpback dolphins swimming, Brahminy Kites swooping down in a lagoon to catch anchovies, the majestic Oriental Pied Hornbills whooshing through the rainforest, or water cascading on ancient limestone formations.

I run into Alice Jaffe, an American student studying in Bangkok who is biding time in Langkawi till the flood situation in Thailand gets better. "You're trying to do too much. Doing practically nothing is a perfectly

respectable way to spend your time in Langkawi," she proffers. I take her advice to heart. The next few days are spent with wine and sunshine.

Still, I'm drawn to that other big attraction that pulls in the 2.7 million tourists who visit the isles every year. I just have to go up the popular cable-car. I'm glad I did. The cable-car ascends 700 metres to the top of Machinchang mountain, the second highest peak in Langkawi. It offers a stunning bird's eye view of the islands, flecks of green in shifting seas, as well as the adjoining isle of Ko Tarutao, where the *Survivor* TV series was shot, for good reason.

On the last day here, I try and spend some time in solitude, introspecting, which had been the plan all along. After all, what better place than your own private beach on a tropical island to take stock of your life, contemplate the larger questions, seek oneness with nature's many bounties? "That's absurd!" exclaims Alice, "Langkawi is no place to spend time alone!" I mutter my protestations but she isn't listening anymore. "C'mon now," Alice calls out, running recklessly to the impossibly, brilliantly blue waters. "This is probably the most romantic place on the planet..." ■


VICTORINOX

EXPEDITION KIT

The Victorinox Expedition kit lives up to the company's motto of providing practical, economical yet quality products to the travelers. It has everything one needs for a big adventure and who are on the go all the time. The expedition kit knows all the tricks that a traveler needs when venturing off the beaten track. The tool is globally recognized for its functionality, quality, design and innovation. It fulfills the two major objectives of any traveler: ease of use and proverbially reliable. Altimeter of high quality and precision, thermometer for measuring temperature in °C/°F, best LEDs that shine extremely bright for a long time and with minimum battery consumption are combined and complemented with an alarm clock, barometer, countdown timer and a travel calculator to create the ideal companion which is both compact and multi-functional for all outdoor activities. The tool also contains a sharpening stone to allow an individual to sharpen the knives oneself at any time, any place. With a range of functions like blade, can opener, screwdriver, reamer, punch, wood saw, chisel, key ring, toothpick, tweezers, clock, alarm, etc, it is a perfect companion for all the expeditions. Available at all leading Outlets including Basecamp, Staples and Crossword.

"A NEW DECADE, A NEW SPIRIT"

The recognition continues with 11th Teacher's Achievement Awards

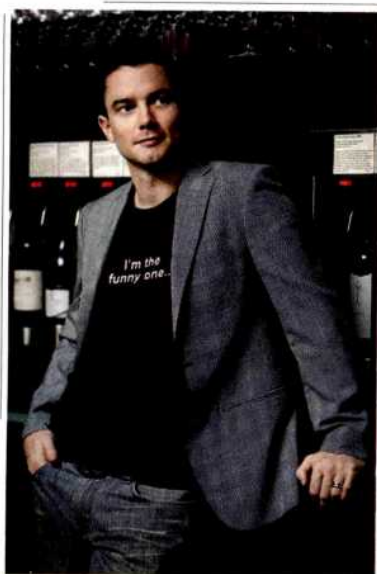
The Teacher's Achievement Awards evening opened with a stunning performance of Manasi Scott who performed the Teacher's anthem to an alluring audience. This was followed with the traditional "Teacher's Achievers' Walk" designed and choreographed by the designer duo Rohit Gandhi-Rahul Khanna. The duo crafted a special collection for the past winners, jury members which included – Shabana Azmi, Pankaj Advani, Feroz Abbas Khan, Louis Bankz, Prahlad Kakkar, L Subramaniam, Nagesh Kukunoor, Manish Arora, Michael Ferreira, Prasoon Joshi, Anjali Bhagwat and Boman Irani.

The evening saw past winners, jury members and key stakeholders of the Teacher's Achievement Awards join the celebrations at the Nandiya Gardens at ITC Maurya. Those present included Ramesh Sippy, Jacqueline Fernandes, Kavita Subramaniam, Ustad Amjad Ali Khan, Vinod Mehta, Kashi Memani, BS Nagesh and Pablo Bartholomew among others.



ASIAN adventure

Seasoned traveller and television host Oli Pettigrew can easily lay claim to having the best job in the world. Here, he shares memories of a magical evening while on assignment in a remote corner of Vietnam.



OLI PETTIGREW

Host, *Lonely Planet: Best in Asia* ;
airs on TLC every Friday at 9 pm until March

I find myself constantly surprised by the world around me. When I first started being sent around the world, I would sometimes face moments of trepidation about the unknowns of certain countries, regions and cities that I was being sent off to.

Funnily enough, I have begun to embrace this fear. It has always turned out that the places that I am most nervous about end up being among my absolute favourites; Nepal, Oman, India, China, and the list goes on.

I remember having a certain amount of nerves before I left to tour Vietnam. For once it wasn't so much fear of the unknown (I've grown up all over Asia, so although I've never been to Vietnam, I was sure it would be familiar), but rather, the fear of leaving my son (who was 5 months at the time) behind for the first time. I can tell you that the first night away was wretched. In a little hut, on the side of the Mekong Delta, with no real light, water or internet to speak of.

I felt quite alone. But in the end, it was Vietnam's beauty and people that very quickly had me having a great time. And as we all know how time flies when you are having fun!

I had many adventures in Vietnam. I took a boat up the Mekong, toured Hanoi by bike, I even learned water puppetry. But the absolute winner was

when we visited Halong Bay.

It was right towards the end of our trip, and we were all pretty tired and in Hanoi. To get to our next destination, Halong Bay was quite the mission. We set our bright and early in our van and spent a good three hours on a highway weaving in and out of tireless traffic.

All the while our driver communicated with the other drivers with what seemed like Morse code using his horn. We finally turned off on a random back road and started bumping our way along some dirt track.

We eventually arrived at the old ferry terminal. And when I say, old I mean 'old', and when I say ferry, I mean 'rusty piece of metal that defies logic by floating.'

After waiting an age for the ferry to cross the river, we loaded up and settled in for the quiet cruise across the gorgeous river with the beautiful limestone edifices in the background.

We disembarked almost an hour later (and yet only about a mile across) to drive another few miles across an island and then board yet another ferry of the same ancient design.

By this point, the sun was already getting low and we were all feeling a bit tired. So we found a nice fella who sold beer, bought our fair share and settled down on these rickety old plastic chairs and just drank and told war stories

from past shoots as the sun started to set over the bay.

It was a magical evening. The sky was clear, the sunset gorgeous and it was just so quiet. Sail boats and fishing boats would cross our path and it all really just felt so Vietnam.

I remember all of us getting our cameras out and snapping away, trying to capture our own version of this magic moment which we knew would soon slip away.

That's why I like this memory, because all of that happened off camera. We were just on our way to shoot another travel piece to create a memory for the viewers. But the journey itself turned into our own private moment, just for us.

We arrived at Halong Bay late at night. We all hit the sack immediately as we had to be up before the sun rose

the next day to send me 40 feet up a cliff—with no ropes—only to then jump off and land in the jellyfish swarmed waters of the bay.

It's called deep-water soloing, and has to be one of the most fun, and scary things that I've ever done; not just for work, but in my entire adventure-packed life.

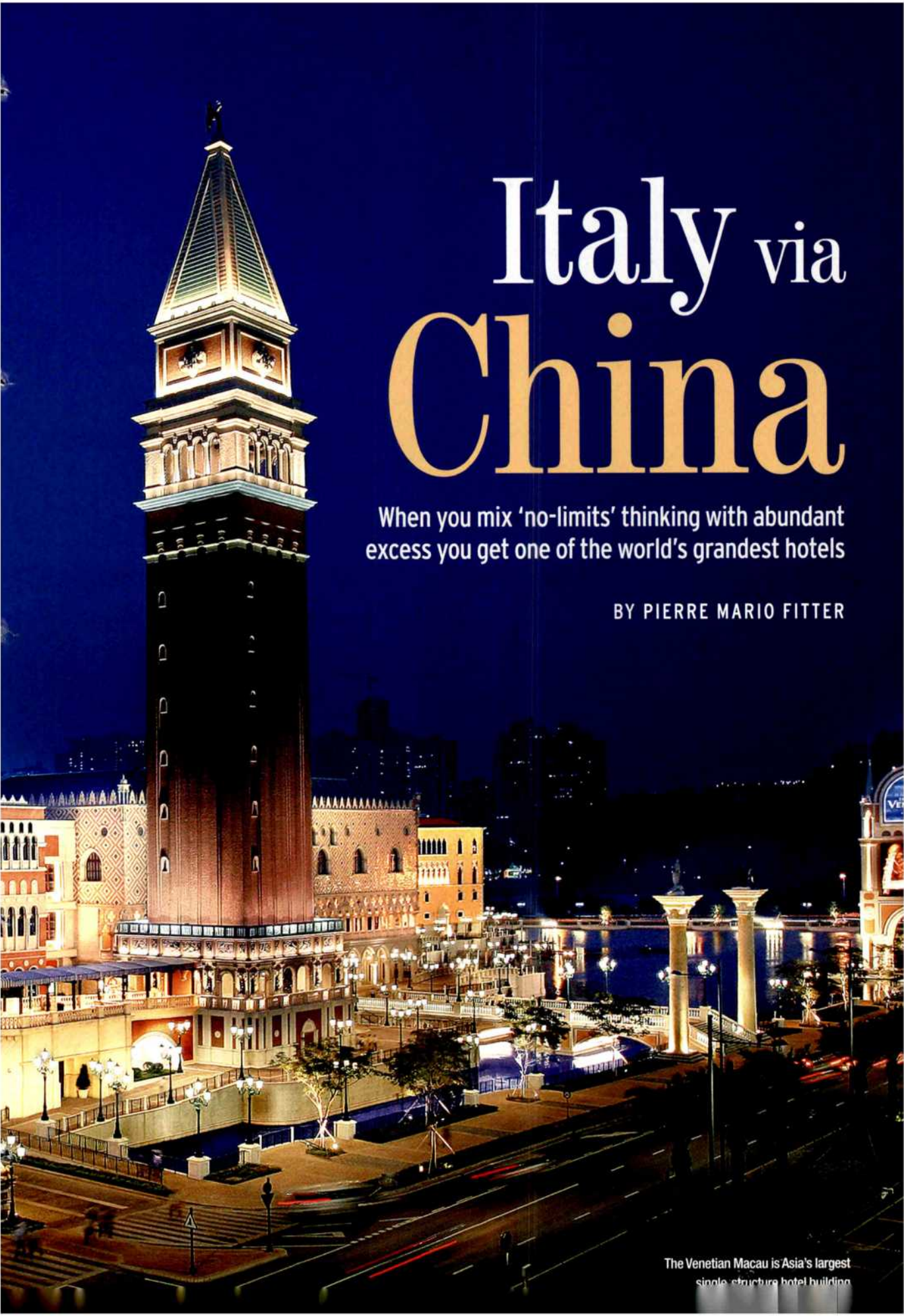
I'll never forget the moment I had to jump off that cliff. Every single millisecond of it remains firmly imprinted in my mind's eye even today.

Although the free-climbing I did in Halong Bay was amazing and still one of my all-time favourite segments of hosting a TV show, that amazing journey to Halong Bay, in all its madness, will always hold a special place in my heart. ■

Halong Bay's magnificent limestone columns have earned it a UNESCO 'World Heritage Site' label







Italy via China

When you mix 'no-limits' thinking with abundant excess you get one of the world's grandest hotels

BY PIERRE MARIO FITTER

The Venetian Macau is Asia's largest
single-structure hotel building

Our gondolier is in a chat-ty mood. Canzone has met enough Indians to say namaste when we clamber board. Within minutes our heavy lunch, his descriptions of the passing landmarks, and the gentle rocking of the boat lulls us into mild drowsiness.

Then, a voice booms: “O Sole Mio”. It’s Canzone, living up to his name (it means ‘song’ in Italian). Tourists stop along the canal and whip out their cellphones. Canzone’s smile broadens. He clearly loves a performance. Switching pace he hits a peppier number, accompanying it with foot stomps and claps. “Voolare...,” he sings, drawing out the first syllable of the chorus for theatrical effect.

All this feels like Italy, but it isn’t. In fact, we’re 5,500 miles from St Mark’s Square and Canzone is really John, from America. Also, our boat isn’t on Venice’s famous Canal Grande. It’s drifting along a replica *inside* the Venetian hotel in Macau.

TEN YEARS AGO, EVEN LOCALS WERE SCEPTICAL ABOUT PLANS FOR THE VENETIAN. THE LOCATION WAS, AFTERALL, A SWAMP.

This story begins in late 1996. Gambling billionaire Sheldon Adelson had just broken ground for a new Las Vegas hotel. His wife Miriam had suggested he model it after Venice. It was her favourite stopover on their 1991 honeymoon across Europe. Adelson, ever the charmer, tells us he thought of it as “a Taj Mahal for my wife”.

By the early 2000s, Adelson was outgrowing the city that made him one of the world’s 20 richest men. He began planning a rival to the famous Vegas Strip on Macau’s swampy Taipa Island. The new Cotai Strip’s first hotel, he promised, would dwarf the Venetian itself.



The Grand Canal and 330-outlet shopping arcade occupy the entire third floor

He delivered on his promise. The Venetian Macao is twice the size of its Vegas sister. It has 10.5 million sq ft of floor space, more than one million square feet of meetings and exhibition space, 3,000 rooms and the world’s largest casino.

The ostentation begins on arrival. High-rolling guests never wait at the lobby. They are ushered to a discreet VIP check-in lounge. Here, the formalities take care of themselves as the guests enjoy gourmet snacks in relative privacy.

Adelson calls the Venetian a MICE resort. That’s hotel industry talk for Meetings, Incentives, Conventions and Exhibitions. In other words, this hotel can host everything from a team offsite to a rock concert. Besides the 108 meeting rooms, there’s a 15,000-seat multipurpose arena and a 70,000 sq ft, three-story high ballroom.

The House Always Wins

Despite the Venetian’s MICE tag, the real action—and most of the hotel’s business—happens in just five



The spa (above) is run by the exclusive Malo Clinic; (below) The world's largest casino

per cent of the area. The casino has 850 tables, 3,400 slot machines and half as many security cameras.

In 2010, 83 per cent of the hotel's revenues came from here alone. A back-of-the-envelope calculation derived from Adelson's company's financial filings shows that that 83 per cent works out to \$1.99 billion. To put that in context, the Venetian cost \$2.4 billion to build.

Gambling is so popular it may have even cost the Venetian one of its main attractions. A resident produc-

tion here by the world-renowned Cirque du Soleil performing group shut down this February. The guests, it seems, preferred chance to dance.

Size Matters

The suites are as impressive as the rest of the hotel. His & hers washbasins, a sunken living room, multi-function printing devices and big screen plasmas are standard. The smallest suite measures 700 square feet. The largest, the *Presidente*, has four bedrooms.

Unfortunately, the Venetian's mammoth size is also its biggest drawback. One member of the staff joked that he's never needed a gym plan. But this is common to Vegas-style hotels. They rely on diverse attractions to keep business flowing through the year.

Wait, there's more

The hotel has very thoughtfully created a giant mall on the third level. Shop, duty-free, from Armani to Zara and that's just the fashion section. There are 17 categories in all, including electronics, cosmetics and jewellery. Also on level three, you'll find some 30 restaurants covering every conceivable cuisine (including Indian) and price point.

The 75-odd entertainers who double up as gondoliers and bards come from all over the world. Canzone, aka John, grew up listening to opera on his dad's stereo in the Philippines. In San Francisco, where his family moved when he was 10, he continued that passion with theatre. When he heard about auditions for the Venetian, he applied. The judges found him a perfect fit.

The Venetian, through the Malo

Where To Eat

Bambu

One of the most popular restaurants at the Venetian, it specialises in non-vegetarian fare. The sushi is excellent as are the oysters, prawns, escargot, fish and assorted dimsum.

North

Chefs here prepare traditional food from China's Dongbei and Sichuan regions. If you love spicy fare, this is a very good bet.

Red Dragon

Located in the middle of the casino, this restaurant serves quick, affordable meals. Most dishes feature some form of noodles.

Portofino

Here you will find traditional Italian food and a well-stocked wine cellar. While the pizzas are filling, portions for the rest aren't as generous.

Cafe Deco

Popular for their breakfast spread, the restaurant has a wide buffet ranging from Chinese staples to good ol' stuffed omelettes.



The stunning Grand Hall often hosts live music and exhibition ballroom dances

Around Town

Getting There

Daily flights from Indian metros to Hong Kong. Take a ferry to Macau from the HKIA Skypier or from downtown Hong Kong.

Visas

Indians are granted a free, 30-day visa upon arrival in Macau.

Things to Do

Catch a concert or sports event at the 15,000 seat Cotai Arena
Choose from 330 Grand Canal shops or the neighbouring Shoppes at the Four Seasons
Take in a gondola ride on one of three faux canals after your shopping spree
Gamble at the exclusive, high-rollers-only Paiza Club

Clinic, also offers some of the world's best spa services. Paolo Malo, the founder, earned fame across Latin America and Iberia as a cosmetic dentist. Not surprisingly, clients line up not just for therapeutic massages but also innovative plastic surgeries.

During your visit keep track of events at the Cotai Arena. If you're lucky you may catch performances by international popstars such as Lady Gaga, Beyonce, or Rain. Sometimes, the arena even hosts exhibition games between NBA basketball teams, tennis matches with stars like Rafael Nadal, or even boxing, dirt bike racing and ice skating events.

An Agile Giant

Despite its enormous size, service at the Venetian is surprisingly responsive. The 15,000 employees ensure a 3:1 staff-to-guest ratio. My visit coincided with a particularly busy weekend. The hotel was hosting Bollywood's annual Zee Cine Awards and it was also Chinese New Year. I wasn't expecting personalised attention. Even so, when I found myself without water at 12:30 one morning, room service had six bottles delivered within 25 minutes. Bear in mind, this

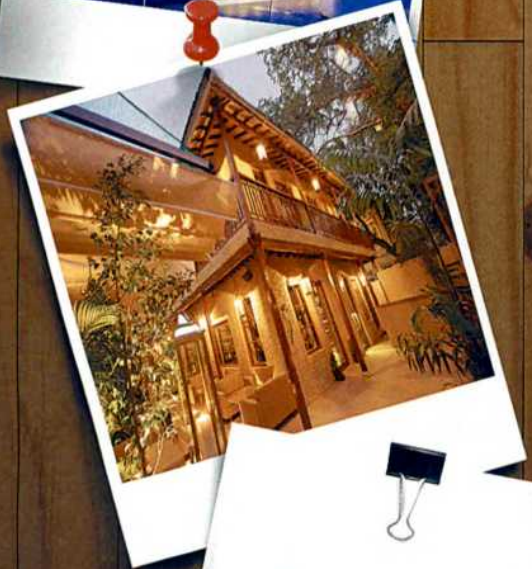
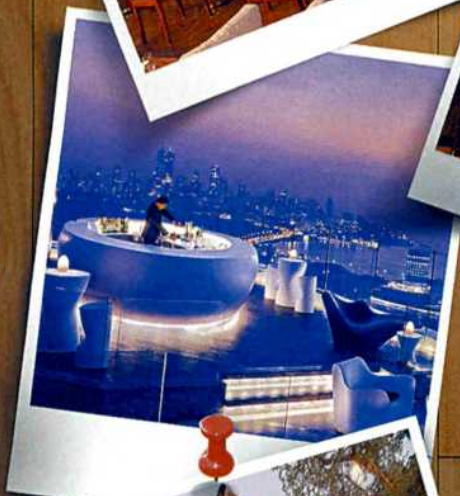
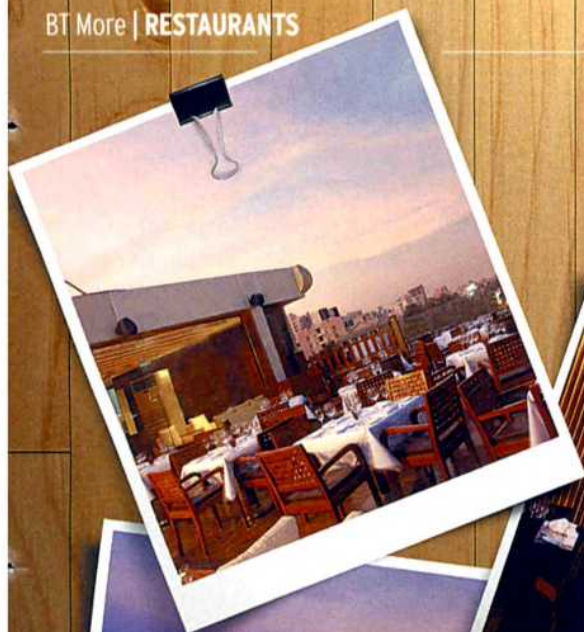
THE VENETIAN BOASTS OF A KIDS' CLUB, AN 18-HOLE MINI GOLF COURSE, THREE SWIMMING POOLS AND A FULL-FEATURED, PROFESSIONAL GYM FOR GUESTS

was a gigantic hotel running at 100 per cent occupancy.

In fact, there are so many waitresses, chefs, bellboys, security guards and blackjack dealers, the Venetian runs a mini city behind the scenes just for them. Here, they have their own McDonalds, a bank branch, and a 7/11 store. There's even a cybercafe where tired staffers recharge on Facebook or with videogames.

Although there are no direct flights to Macau from India, it's just a one-hour ferry ride from Hong Kong. The Venetian's owners operate an exclusive CotaiJet ferry service straight from Hong Kong airport to Taipa; all part of the company's attempts to make it easier for guests.

Brendon Elliot, who leads the Venetian's marketing efforts, says he wants to see more South Asians at the hotel. Some 145,000 Indians visited in 2011. He believes that number can hit 200,000 this year. "We're investing more in marketing to India than any other country," Elliot tells me. If all goes to plan, he may just hear more of his gondoliers piping in with a 'namaste'. ■



EVENING GLORY

Sunday brunches are passé. The latest trend is to watch the sun set over the weekend as you relax with a glass of wine.

BY ANAMIKA BUTALIA

If there was ever an idea behind the times, this is it. And we don't mean that in a bad way. Sunday brunches were a typically European concept. The winter sun never rose until late in the day. And who wanted to wake up early on a cold, Sunday morning anyway?

Mumbai isn't Munich. Here, the searing heat begins right from sun up. Summer brunches are hot, stuffy affairs and the city was crying for alternatives.

Then, someone had an idea. If it's too warm in the late morning to be sitting out in the sun and the hard partying on Saturday night wore you out, won't it just be better to relax with a martini the cool moments of a Sunday Sundown?



Aer

The factor that immediately sets Aer above the competition—literally—is its location; 34 floors up. The rooftop bar and lounge at the Four Seasons Mumbai makes an offer no one can refuse. The 360 degree view of the whole of Mumbai's midtown includes Haji Ali upfront, the Worli Sea Face and the sealink on the right, high rises at the back and the beautiful, green, Mahalaxmi race course on the other side.

Now imagine a sunset from this commanding vantage point at half-price. Happy hours at Aer stretch from 5:30 to 8 pm each Sunday. This along with the tapas, evening cocktails and an eclectic menu of wine and champagne make the place quite a hit.

Aer at the Four Seasons Hotel Mumbai, 114 Dr E Moses Road, Worli, Mumbai - 400 018; Tel: 022 24818000

Azok

The Submerge Sundown Sessions at Azok have gained popularity since last summer. Azok was one of the first places to run the idea. Although the restaurant has lost the 'By Vineet' owing to a break with Michelin-star Chef Vineet Bhatia, its prime location is still a major draw.

The multi-decked terrace with its semi-formal dining section has seen an overhaul and now sports a more relaxed, lounge feel. A big plus for Azok is its terrace pool. The ripple effect of the cool, blue waters, especially when a breeze blows across the deck, adds that extra bit of charm that seals Azok's appeal.

Azok at the Oakwood Premier Mumbai, 29/1 JR Mhatre Road, Opposite Iris Park Juhu, Mumbai - 400049; Tel: 022 66238888



Bungalow 9

This restaurant's famed and fabulous Sunday brunch ends at 4pm. During a one hour breather, Bungalow 9 prepares itself for a glorious evening. Patrons can choose from the multi-cuisine menu and well-stocked bar. Of course there is one incentive. A cocktail order between 4 and 9 pm, the Sundown period, gets patrons a complimentary second cocktail and... wait for it... an appetiser to boot. It helps that Bungalow 9 is an utterly charming setting. This former tobacco factory now sports a leafy courtyard, rustic indoor dining area, tavern-style bar and wooden balcony and sloping roof.

Bungalow 9 Bar, Sr.John Baptist Road, Bandra (west), Mumbai: 400 050; Tel: 6117 9999



Gadda da Vida

The name comes from the 1960's rock song, where the singer allegedly mumbled 'Garden of Eden' in a drunken haze. Located at the Sofotel near Juhu, Gadda da Vida may well be the garden of Eden for the neighbourhood's well-to-do.

The restaurant turns into a relaxed, chic lounge overlooking the magnificent Arabian Sea. The best part is Gadda

da Vida is quite distant from the more frequented parts of the beach giving you a quiet place to put your feet up.

There are a variety of wines, whiskies and cocktails on offer. Here too, the management has a two-for-one happy hour on offer at sundown. The lounge's contemporary décor, soothing music and an unrestricted view of the sea are all pluses.

Gadda da Vida at the Novotel Mumbai Juhu Beach, Balraj Sahani Marg, Juhu Beach, Mumbai - 400049; Tel: 022 66934444



Escobar

The theme at Escobar is 'white'. Visit the place on a Sunday evening and you'd be forgiven for thinking Escobar is the city's newest and hippest club pulling in the who's who. It looks its best about an hour before sunset. The all-wood décor, vast terrace space, great music and a 77metre long bar are the perfect combination for a relaxed evening.

Enjoy the beauty of a setting sun and the dusky city sky-

line with Escobar's signature cocktails, fine wines and champagne and delectable globally inspired cuisine. If you go with friends, try the 'Sundown Bucket'. Quite simply, it's a concept that allows a group of four to share a favourite cocktail. And if a celebration is on your mind, you don't have to break the bank either: A bottle from Moët et Chandon, one of the world's premier champagne houses, can be enjoyed for just ₹5500.

Escobar, 199 - VN Sphere Mall, Fourth floor, Linking Road, Bandra (west), Mumbai - 400050; Tel: 022 42760000

Spring has fired up its jets and escalated to a scorching summer. Keeping up a brisk pace with the rising temperature, fashion falls into step with cuts, styles and a colour palette to tone down the heat to a simmering sizzle. From timeless classics and patent staples in the evenings, to knits, leather add-ons and straw accessories for the day, subtle minimalists are making the boldest statement this season. BT More styles your wardrobe with summer essentials as varied as night and day. Tune in and spruce up.

WORDS: HITANI KAUR PHOTOS: RAJWANT RAWAT
STYLING: RANJUNEE CHAKMA MODELS: ANDY VON EICH &
AAKASH LOCATION: MAGIQUE

COOL DOWN

WORK YOUR STYLE STATEMENT THIS SUMMER
WITH CHIC CASUALS AND ASSERTIVE
FORMALS THAT SPEAK VOLUMES.
MAINTAIN A COOL VENEER
EVEN IN THE
PELTING
HEAT.





ANDY IS WEARING A TIE, SHIRT AND SUIT BY D&G AT THE COLLECTIVE; SHOES BY TOD'S; WATCH BY TAG HEUER.



LEFT: ANDY IS WEARING A HAT BY ZARA; JACKET BY ETRO; SHIRT BY BURBERRY; SHORTS BY SISLEY; SHOES BY CHRISTIAN LOUBOUTIN.
RIGHT: ANDY IS WEARING SUNGLASSES BY YVES SAINT LAURENT AT SAÏLO; SCARF & KNIT T-SHIRT BY ADOLFO DOMINGUEZ; SHORTS & BAG BY LECOANET HEMANT; LEATHER SANDALS BY ZARA.

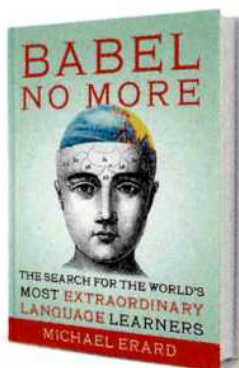


BELOW: ANDY IS WEARING A BLUE JACKET BY PAUL SMITH; SHIRT BY LECOANET HEMANT; WATCH BY TAG HEUER; TROUSERS BY ETRO; SHOES BY CHRISTIAN LOUBOUTIN. **RIGHT:** ANDY IS WEARING A JACKET, SHIRT, BELT & TROUSERS BY SALVATORE FERRAGAMO; SHOES BY TOD'S.





The Cult of the Linguistic Superheroes



BABEL NO MORE: THE SEARCH OF THE WORLD'S MOST EXTRAORDINARY LANGUAGE LEARNERS

By Michael Erard,
Free Press;
Price: ₹1,400, Pages: 320

“It's amazing that the world runs so well, given that people use languages that they didn't grow up using, haven't studied in schools, and in which they've never been tested or certified. Yet it does.”

How can some people master dozens of languages, while others struggle with just two? Do they work harder or do they have bigger brains? *Babel No More* examines the facts and fables behind hyperpolyglots.

BY ANUSHREE BASU-BHALLA

There's something about the word hyperpolyglot. Its phonological symphony goes perfectly well with its definition: one who can speak in at least 11 languages. The word begins somewhere in the throat with a glottal *h*. Then come the lips with two rapid flaps of *p* sounds, proceeding into a couple of splendid alveolar *l*'s. Finally, it ends appropriately with a flourish at *t*. You will come across this word often while reading *Babel No More...* by Michael Erard. Hyperpolyglots are both the central character of the book and a quest for the author. While researching the book, Erard travels the world following the trail of these apparent superhumans, in history and the present day. In it, he chronicles their remarkable language-learning abilities and their life stories.

Linguistic scholars say multilingualism involves speaking, thinking and

feeling in a certain language. At best, they say, a person can achieve such fluency in four tongues. Erard disagrees. Pick any global city and you will find yourself surrounded by the sounds of multiple languages.

Erard gives the example of an unassuming noodle restaurant in Manhattan, where two Hondurans juggle English, Japanese and Spanish, while working through customers' orders. A monolingual eavesdropper would find this rather intimidating. They are, what we know as polyglots: people who are fluent in three to four lan-

guages. Yet they're not quite in the same league as true

hyperpolyglots, “the gifted massive language accumulators,” as Erard puts it. The key to their gift is a particular neurology that's well-suited for learning languages very quickly and being able to use them.

Erard himself



graduated in linguistics and rhetoric from the University of Texas at Austin, Texas. He is a journalist and a self-confessed 'monolingual with benefits,' who approaches his subject with both academic rigour and a healthy bit of journalistic scepticism.

The first hyperpolyglot to be introduced is Cardinal Giuseppe Mezzofanti, an 18th century Italian priest and professor, who lived near Rome and could speak fluently in more than 50 languages. Mezzofanti's story is an extreme example of how hyperpolyglots are looked upon. As Erard writes, "The hyperpolyglot embodies... the linguistic wildness of our primordial past and the multilingualism of the looming technotopia." Other engaging accounts recall a 19th-century Russian girl who mastered 11 tongues before she died at age 17. Another self-taught-polyglot Ray Gillion, can converse in 18 languages; Ken Hale, a linguist in MIT who had an arsenal of 50 languages, learnt Japanese by watching the movie *Shogun* with subtitles.

While investigating these Mezzofantis of the world, Erard also scrutinises the very nature of a language, its role in society, and its residence in the human mind. He suggests that such minds may well be more 'plastic' than a lay person's; more two-year-old-like in one key aspect: the ability to absorb and reproduce foreign sounds the way a child learns its mother tongue.

Geography and nationality are all jumbled-up in this jet-age. *Babel No More* attempts to understand how language lubricates social interaction and concludes that hyperpolyglots may be gifted but there are no magic shortcuts—even the great Mezzofanti had a set of handwritten flash cards to get by.

Erard weaves a captivating and illuminating story, delivered with great insight and utmost objectivity. ■

Q&A

MICHAEL ERARD, journalist, linguist and author of *Babel No More*



What inspired you to write this book?

In 2004, I'd been working as a journalist, writing stories about language and languages, and a discussion popped up on a linguistics listserv about who the most lingual person in the world was. Hardly nothing had been done on people who were gifted language learners and massive language accumulators. My interest was also spurred by the fact that we need polyglots. We can't have hyperpolyglot brains but we can mimic some of the principles they use. Their relentless getting away from one's mother tongue and yet not losing a sense of who they are, is also very useful.

Why did you suggest 11 as the number of languages that distinguished a hyperpolyglot from a polyglot?

I suggest that number as a limit because of the online survey that I did. There were quite a few with six, seven, and eight languages and some with nine and 10. But the number of people with eleven languages and higher are very, very few. This suggests there's something special about them.

Among all the hyperpolyglots you interviewed and chronicled in your book, who came about to be the most interesting and why?

Cardinal Mezzofanti is still a favourite of mine, and I've come to have a lot of respect for Ken Hale, the MIT linguist, who had 50 languages. He tried to be very clear about saying what he could and couldn't do.

Are hyperpolyglots born to be language superlearners?

Hyperpolyglots are born to be made. There is something about their brains that predisposes them to do this activity and to perform well at it. Now, I am not saying that someone with one of these brains will inevitably become a hyperpolyglot. They have to have access to the right resources, and they also have to take up language learning as a personal mission.

Can anyone be a hyperpolyglot?

Anyone can, even those who have not been exposed to many languages from an early age. But if you're asking about learning higher numbers of languages across multiple language families and reading and writing in a range of writing systems, and speaking five to nine languages on a regular basis, with a larger set that are "on ice," that requires predispositions.

What's the difference between 'speaking' a language and 'knowing' one?

'Speaking' a language is really focused on oral communication, whereas 'knowing' is more expansive. In my survey, I asked people what they meant by 'knowing' a language. They often talked about having a comfortable, stressless approach to functioning in the language, whether it was talking or watching movies or reading the newspaper.

Does a hyperpolyglot have an upper limit of learning languages?

In my online survey, the highest number of languages that someone reported 'knowing' was 26. Gregg Cox, who holds the *Guinness Book of World Records* for speaking 64 languages, told me he can't actually speak that many languages. In 1990, a Scottish man named Derick Herring was tested in a single day by native speakers and was found to have communicative competence in 22. It appears that the architecture of executive function keeps people from having more than five to nine languages active at any single time.

GOURMET CENTRAL



An 800-pound temple bell transports you instantly to Japan

Much Ado about Megu

The Japanese restaurant is an entirely immersive experience in the theatre of food. **BY ADITI SAXTON**

Dramatic dining has held Delhi in its thrall for eons. We may never know Mughal decadence firsthand but there are a dozen restaurants that offer to replicate that culinary experience authentically, with their repertoire of hot spices and heavy curries. Japanese, though, is a subtle cuisine. Its flavour foundation relies on textures and aroma. How does it fare with folks accustomed to fanning a heat-flushed face before they can

declare something delicious?

Megu switches the script and transports a spectacular stage, set to ease the transition. An 800 pound replica of the Todaiji temple bell in Nara crowns a crystal Buddha elevated in a pool of water in the central dining space. Tucked by the sushi bar is a private dining room panelled with glowing antique silk kimonos. Hand-tooled origami patterns form a mosaic entablature behind sliding Shoji screens to a more casual area.

The sheer height of each room is staggering. Outside, an oversized deck has the sunshades and low-slung couches that begot Sunday brunch. If all references to gilded samovars and marbled *aangans* haven't yet been dispelled, the food will definitively banish them.

The concept that a single meal should be an initiation to an entire culture can really get in the way of good food. Thankfully, Megu reserves its sermonising for Sake with a treatise on grades of polished rice but keeps the food menu clean and concise. Though Sake, specifically the piquant Rihaku junmai ginjo is a symphony that accompanies Megu's virtuoso performance.

Wagyu beef, tuna toro and Osetra caviar have starring roles, and foie gras puts in a cameo. By and large this is a lean, minimalist theatre to offset the outrageous opulence of the design.

The baked unagi was an unlikely scene stealer, only brought to the table because a fellow diner couldn't have the curtain raiser of the Kanzuri chilli shrimp. 'Like popping joy into your mouth' was the consensus.

At ₹3,000 the Wagyu carpaccio, sliced so thin it was a salve smeared on its custom-made salver, justified licking the plate clean. A cube of soy jelly dissolving in the heat of a smokeless white coal over a ceviché of salmon was a small, suspenseful moment. The Wagyu flambéed in Hennessy had all the big ticket flair of a Kabuki opera.

The music hit the only off-note that evening; insistently intrusive at a meal that otherwise had the critics raving.

BT MORE RECOMMENDS

- 🍴 Spicy Baked Unagi, Mentaiko & Avocado
- 🍴 Megu Crispy Asparagus, Rice Crackers

Meal for two ₹8,000 (including taxes); for reservations call ☎ (011)-39331360

A Menu For All Seasons

The newest fine-dining spot on Delhi's Qutab mile promises a new menu every three months. **BY PRACHI BHUCHAR**

In a food scape where hats, aprons and Michelin stars rub eager shoulders, it pays to be creative. The Kila, on the Qutab style mile in Delhi, has a new baby: Azimuth. The chefs' studio is a fine-dining indoor space reflecting tones of dull silver and purple. It sports a metallic art installation by artist Valay Shende against one wall called,

unsurprisingly, Azimuth.

Innovation is Azimuth's biggest USP. Every three months, an international chef of repute comes on board. He brings with him a new menu that sells until the next chef takes over. In other words, Azimuth offers a new menu every season.

The restaurant launched with

Matthew Wild, an Australian two-hat chef who has catered meals for celebrities like Madonna, Elton John and even the Rolling Stones.

His menu (on till end-May) is uncluttered and divided into three sections; starters, mains and desserts. The vodka and sugar cured salmon with tomato jelly, Granny Smith apples and chervil, is smooth and an elegant take on an otherwise banal salmon starter.

For mains, Matthew produced a seafood broth, which with a base reminiscent of classic minestrone triumphed. The thick, herb-infused broth had plump prawns, saffron potatoes and green rouille soaked to the skin. The wood fired spatchcock drizzled with a fragrant lemon sauce was sheer joy.

The dessert section is limited. The chocolate fondant, an old classic, was of perfect consistency, but the salted butter took away from the richness of the deep chocolate. The assiette of Granny Smith apple had an apple crème brulee which was creamy; the apple crumble which was crunch and mush; and an apple jelly, which was a bit of a disappointment.

What I loved about Azimuth were its portions. This is not a fine dining space where you go back with enough stomach room to start over. Generous portions, clean flavours and muted music add to the happiness factor.

While the food offers value for money, the drinks are overpriced (₹1000 for any martini *plus taxes*). Azimuth shrugs off the stiff upper lip generally associated with high-end spaces. Instead, it welcomes those who love and appreciate great food into its fold.



Chef Wild employs fine techniques for an impeccable presentation



Prawn in citrus marinade roasted in a clay pot

BT MORE RECOMMENDS

- 🍷 Pear and aniseed martini
- 🍷 Fast-roasted tiger prawns with herbs

Meal for two: ₹4,500 (including taxes, without alcohol)

For reservations ☎ (011) 30800300

NO BULL JUST WINE



SOURISH BHATTACHARYYA
Executive Editor, Mail Today

Their Daily Wine

Britain and India are prisoners of anachronistic traditions. While one struggles with MPs drunk on subsidised wine, the other insists on keeping official banquets 'dry'.

AS BRITAIN battles binge drinking, and David Cameron's government mulls over legislation that will make it mandatory for all alcohol to carry health warnings, the spotlight is now on the drinking entitlements of British MPs.

The members of this privileged club don't have to be drunk on power because more often than not they are just drunk — as was scandalously brought to light by the recent arrest of Labour MP Eric Joyce for giving a bloody nose to three Conservative MPs in a drunken brawl.

The parliamentary estate at Westminster, reports Reuters, has nine bars that earned £1.33 million last year and the custodians of the House of Commons have stocked 44,000 bottles of 69 different wines in the last two years. And British taxpayers coughed up £5.8 million last year to subsidise this party, which allows an MP to have steak and chips for £7 that a member of the public pays £15 for.

Fortunately for us, we may have to suffer politicians who make us poorer in other ways, but we don't have to subsidise the good life of our elected representatives. Thanks to the Directive Principle of State Policy that makes it mandatory for the State to promote abstinence from alcohol, green coconut water and colas are

the only beverages offered at the Parliament House canteen. That's all very noble, but I can't understand the anachronistic Gandhian logic of the government, irrespective of its political colour, insisting on making state banquets and official parties 'dry'.

Occasions such as these are seen as opportunities by nations to promote their food products and wines. Our state banquet menus, instead of being written in some arcane language, must be used to promote prestige produce such as Basmati rice from Punjab, organic soybean from Uttarakhand, bekti from the Hooghly, and lobsters from the Andaman Sea — and of course, Indian wine.

Official banquets can be turned into showcases for the agricultural produce of a country. Chile's former president Michelle Bachelet showed how, when during her 2009 visit she hosted a lunch for Delhi's who's who with Chilean sea bass, salmon and wine. Why, then, is our government shy of presenting Indian wines to the world? I don't even hear of our embassies abroad promoting our wines. The idea of serving Indian wine to our foreign guests isn't to get people drunk or to flout Gandhian principles (which we don't remember anyway) but to get them to import the product and help the grape farmers of Maharashtra and Karnataka earn more money. Is that a bad thing for a government to do?



TRACK & WIELD



APPLE IPAD 3

The star of Apple's iPad 3 is its superior quality screen. The 2048x1536, 264dpi retina display gives it four times as many pixels in contrast to its predecessor which worked on 1024x768. Other features include a processor which has been upgraded from A5 to the A5X and a camera which now boasts the improved five megapixel/1080p video iSight. What's more, the battery has been upped by 70% to a 42.5 watt-hour capacity. Now, this is tablet you wouldn't mind being addicted to! **Price: ₹40,000 (approximately)**

CANALI TIES

For the ultimate in after-dark suave, this metallic, pin-stripe silver and fuschia tie by Canali from the Spring/Summer 2012 collection cuts a sleek dash. When worn with a slim fitting black suit and shirt, the narrow shape will spell contemporary cool. **Price: on request**



PORTRONICS POR 315 PICO PROJECTOR

Portronics hopes that its new palm-sized, lightweight, and rechargeable projector will be your choice for presentations on the go. The POR 315 Pico projector is what they call a small wonder, featuring HDMI input to support upto 1024X600 resolution. It also has a one watt onboard speaker, a 45 lumen lamp that projects widescreen images upto 80 inches. The LED bulb has been rated to last upto 20,000 hours. **Price: ₹23,000**



MONTBLANC ALFRED HITCHCOCK PEN

Genius filmmaker Alfred Hitchcock created pioneering cinematic techniques that are still revered by audiences and filmmakers. Hence it is befitting that an equally revered marquee, Montblanc, pays tribute to the artist with its Alfred Hitchcock special edition pen. It features a body that is inspired by the spiralling staircases of *Vertigo*; the knife-shaped clip reminds one of the chilling shower scene in *Psycho*; and the rhodium-plated 18 carat gold nib bears the engraving of a self-portrait by Hitchcock. Price: On request



PAUL SMITH CUFFLINKS

Give peace a chance and stand out with these enamel and brass cufflinks by Paul Smith. The brand is known for playing with whimsical fashion sensibilities. These cufflinks, feature hand signs for luck and peace, and provide a smart way to introduce a bit of wit to a formal look. Keep the rest of your outfit simple to let the details do the talking. Price: \$69 for a pair



RAZER NAGA HEX GAMING MOUSE

Gaming is serious business. If you take your fragmentation grenades, plasma rifles and RTS (Real Time Strategies, for the uninitiated) seriously, the Razer Naga Hex gaming mouse will surely pimp your game. It features six direction buttons in an ergonomic hexagonal pattern. Get your game on. Available on www.razerzone.com. Price: ₹4,999

BURBERRY 2012 ACCESSORIES

Earthy tones, matte and raw wooden detailing, and textured fabrics are all set to whet your appetite. Burberry Prorsum unveils its much-awaited Spring/Summer 2012 men's accessories. A part of the collection, this men's shoe is a perfect slip-on-and-go option for a casual day in the sun. Wear them with rolled-up chinos and a breezy off-duty shirt. Price: on request





NIKON D800

Taking a cue from its cousin the Nikon D4, newbie D800 packs many more features in a much more compact body. It's also cheaper. The D800 packs a 36.3 megapixel, full-frame FX-sensor and EXPEED 3 imaging processor.

It captures JPEG, RAW, and JPEG+RAW photos. It can also shoot video in 1080p at either 30 or 24 frames per second in both FX and DX formats. The D800 is one of the most awaited DSLR cameras. Judging by its feature list, there's very good reason for it too. **Price: £2400**

PIAGET GOUVERNEUR AUTOMATIC CALENDAR

The traditional expertise and cutting-edge technology embodied by high-end Swiss watchmaker Piaget, serves an exceptional formal design code. The latest timepiece on offer is the Gouverneur Automatic Calendar. This watch is part of Piaget's Black Tie collection. It features an 18 carat pink gold case. The model beats to the rhythm of a Calibre 800P. **Price on request**



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Date: March 1, 2012

Ashish Bagga
Signature of Publisher

BT More MY STUFF



SUNIL NAYAR

Senior General Manager, Sony India

MIND SPACE

Books Ayn Rand's much-lauded classic *Atlas Shrugged* is a favourite **Magazines** Reads between meetings and on his way to work. Prefers *Business Today* and *Time* **Websites** Often browses Wikipedia and Youtube, besides the usual search engines for information and entertainment.

MY FAVOURITE THINGS

Laptop Carries his Sony Vaio S in a Tumi bag **Watch** Prefers the classic, clean style of Longines **Handheld** Stays connected with his Blackberry Bold **Accessories** Sports a Montblanc belt, carries a Cerruti wallet and dons Prada sunglasses



HOME IMPROVEMENT

Drives Honda Civic **Movies** Enjoys cult films like *The Godfather* and *Sholay* **Music** Loves to listen to Guns N' Roses and Michael Jackson on his Bose stereo **Fitness** Runs regularly on his treadmill at home



VANITY FAIR

Fragrance Burberry and Hugo Boss **Shoes** Brown and black Florsheims go well with office wear. Switches to Skechers sneakers while playing golf **Shirts** Zara and Louis Philippe **Suits** Armani and Boss **T Shirts** Ralph Lauren Polo tees for casual days

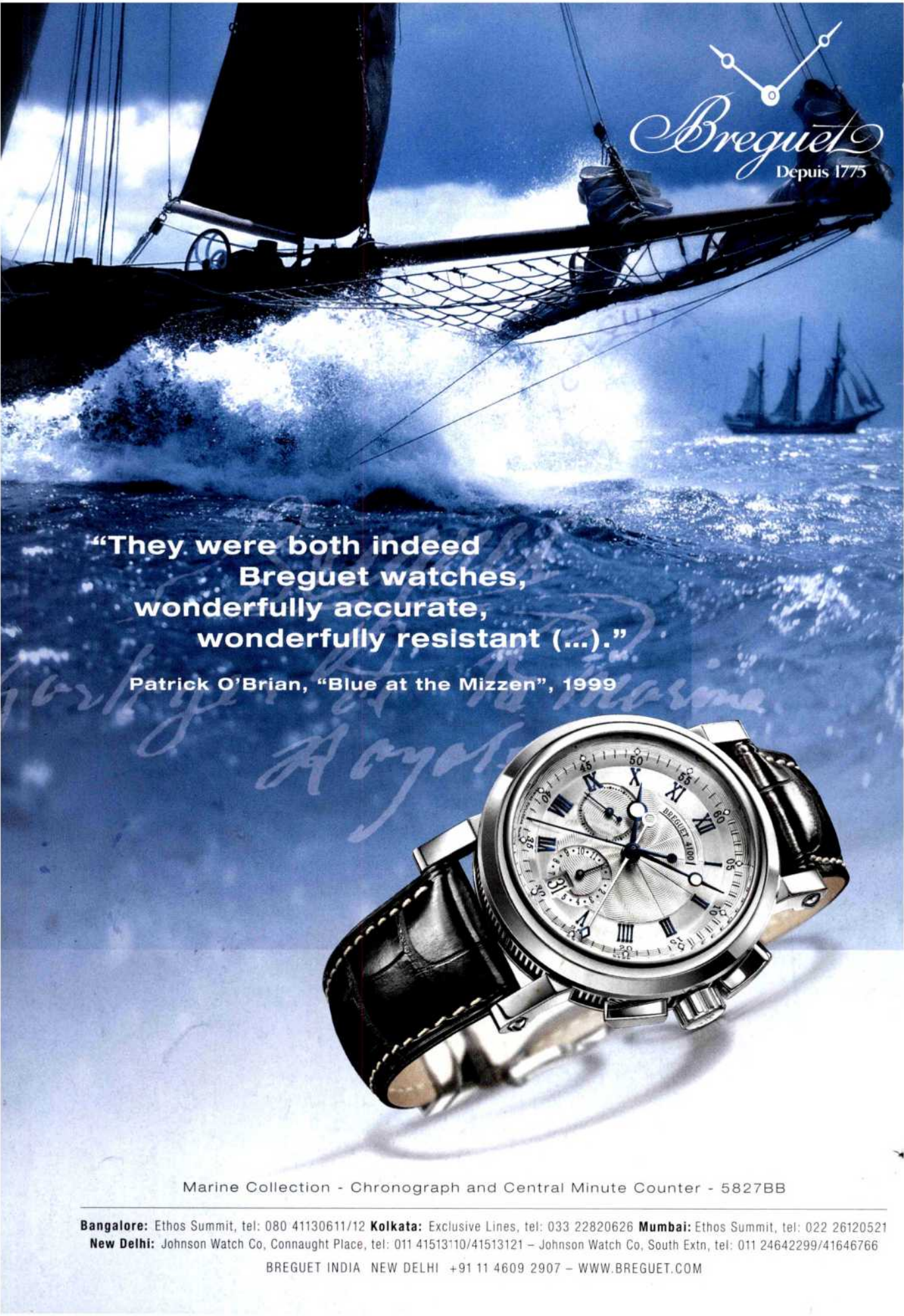


IN GOOD TASTE

Beverage Prefers fresh fruit juice to a glass of cola **Spirit** A peg or two of Taliske whisky, XO Hennessy Coquar or just a good ol' Mojito **Restaurant** Loves to visit Set'z in New Delhi and Mezzaluna Vail in Aspen, Colorado

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Patrick O'Brian, "Blue at the Mizzen", 1999



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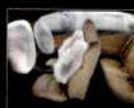
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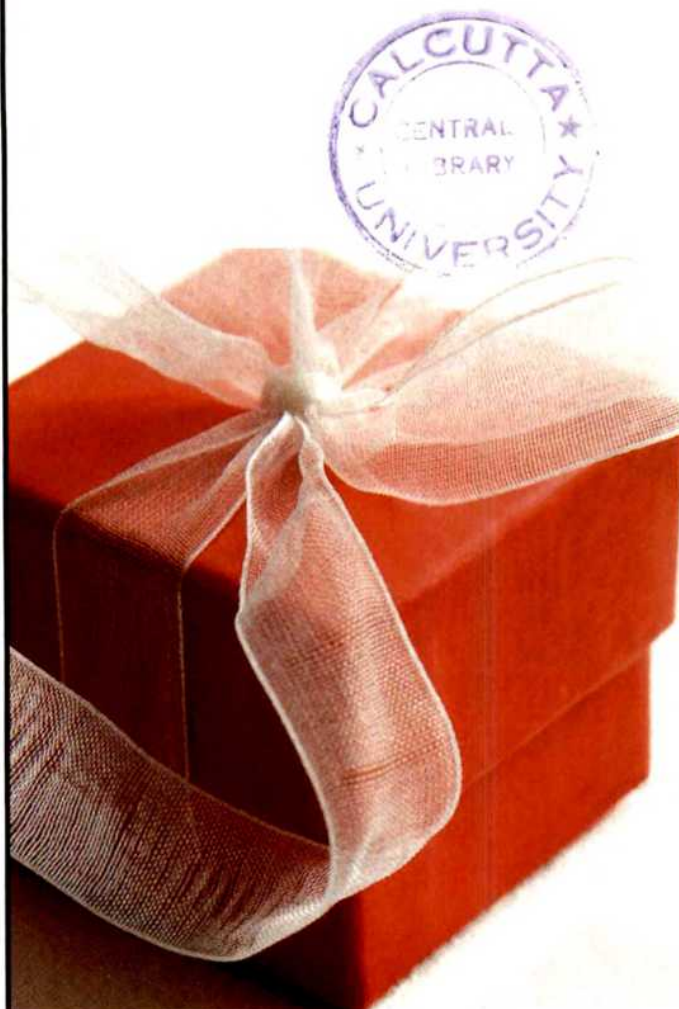
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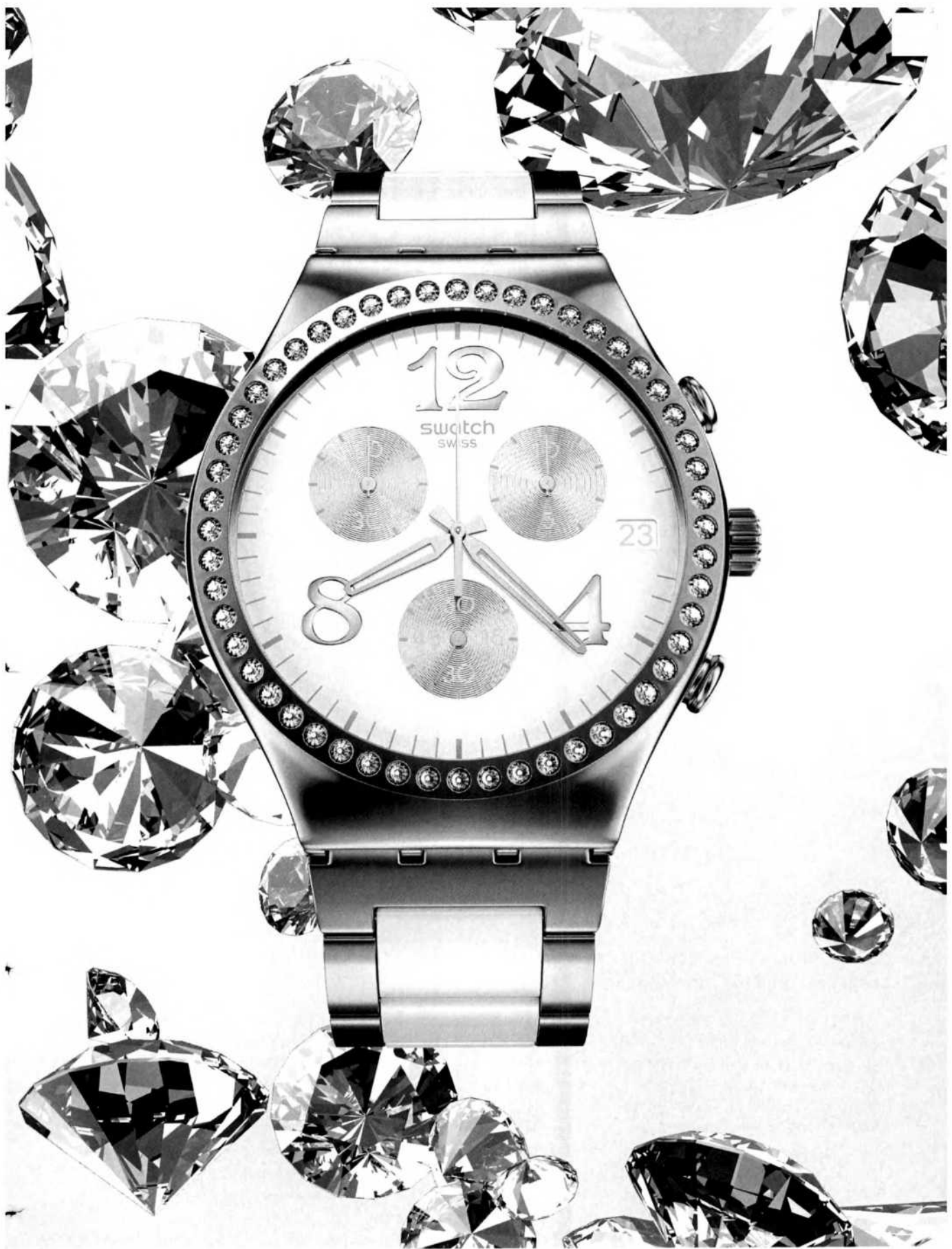
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CORNELIANI SPRING SUMMER 2012

Keeping it Cool

"Summer fashion isn't about dressing down," Gaurav Gupta prepares India Inc for a season in the sun.

In any form of expression, art, fashion or literature, keeping it simple always pays. In summer, when the mercury soars to unbearable levels, grooming standards tend to relax a bit. Shirts are unbuttoned, trousers are loosened, and shoes are left to the mercy of sweat and grime. Here are some creative ways to keep yourself abreast of trends and stay comfortable, even during the height of summer.

Fab fab Fabrics

Try wearing cotton silks. These are stretchable, wrinkle-free and also have a well defined shape. For the same reason, replace done-to-death linens with smart linen mixes. These come in a variety of colours and patterns. They're also smooth and offer a great fit. A summer wardrobe is incomplete without a collection of crisp cotton shirts in all the basic colours. Flowery prints are also in fashion.

The style secret

No, summer isn't synonymous with bright colours. But that doesn't mean you should be wary of blacks. Concentrate on the detailing instead. Go for smaller, sharper collars which soak up the sweat and hold the outfit together. The pockets can be embroidered in a contrasting colour. Avoid bold stripes and go in for thin ones instead. Another trend this season is saddle stitching. This involves a stitched design on the borders of a suit, in a similar colour tone.

Find your colour

The suit-and-shirt pairing might be the order of the day, but a little leeway can be granted in the sweltering heat. Swap shirts with colourful polo neck tees which can be worn under thin summer jackets. Replace boring trousers with light coloured denims.

Happy feet

Ditch the brogues and go the loafers way. Colourful canvas, suede and pigskin ones look dapper with denims. For a more casual look, try *kohlapuri* or *jodhpuri chappals*. In India, people don't have any concept of summer socks. These are shorter than ankle-length, are stretchable, thin, and work to wick away sweat from your skin. One should stock up on different colours.

Finishing touches

A good summer look is incomplete with hats and sunglasses. Leave the straw hats to the beach and flaunt colourful canvas ones in the city. Choose shades in colourful plastic frames instead of boring metallic ones. A pair of slim suspenders, especially in white and grey, round off any look perfectly.

The writer is a designer who has recently set up his boutique at DLF Emporio, New Delhi



A Rookie's Guide to Brewing

Ishan Grover, brew master of Lemp Brewpub in Gurgaon gives an insight into the art of brewing beer.

Malt & Milling: Barley or wheat malt is milled, grinding the malt to a fine powder called grist.

Mashing: Through a controlled combination of time and temperature, it extracts the naturally present enzymes in the malt into fermentable sugars.

Lautering: Next, it goes into the 'Mash Filter' where the liquid is extracted from the mash. At this stage, it is now termed wort.

Wort Boiling: While the wort is boiled, hops are added to it which adds that distinctive bitterness, and the aroma profiles to a beer.

Whirlpool: Solid proteins and hop by-products are removed through a whirlpool, resulting in a clear wort.

Cooling: The wort is then cooled to enable stable mixing with fresh yeast to start fermentation.

Fermentation: Yeast cells quickly metabolise the sugars into alcohol, natural CO₂ and flavour transforming the wort into beer.

Lagering: This process involves conditioning and maturing beer, which occurs at temperatures, as low as -3°C. A lager beer is stored for up to 31 days.

Finished Beer: Finally, after the removal of the yeast and protein haze, the beer is chilled and ready to be consumed.

BASICS OF E-BRANDING

Dr Kirti Dutta, author of *Brand Management* (Oxford University Press, 2012) offers tips that guide you through online brand management.

● **Brand Building** The website should reinforce the brand elements and encourage dialogue by leaving space for customers to interact. Confidence should be built by playing up the website's security features. Post information and links on heavy traffic sites like You Tube, Facebook and other popular blogs.

● **Real-time advantage** Advertisements and promotions can be time-lined. Update information about processing and delivery through RSS feeds.

● **Comprehensive Strategy** Your website should be designed in a way that you're connected not only to your current and potential customers, but also suppliers, shareholders, employees the financial world, media and society in general.



SOUNDS LIKE YOU KNOW ABOUT HARUKI MURAKAMI

1. His first book *Wild Sheep Chase* was about 'real' men who struggle in their careers, and did not contain any reference to usual Japanese stereotypes such as tea houses and kimonos.

2. Murakami has strived to introduce young Japanese to the ideal of freedom from the real world through surrealism. This break from formality and discipline is intrinsic to their culture.

3. He's known globally for his uncanny knack of weaving fantasy and fiction around real life in Japan. However, some orthodox countrymen have taken offence to the many western influences they see in his writing.

4. His recent work *IQ84* is his take on the alternate world and is inspired by George Orwell's *1984*. The title world 'Q' and the number '9' are homophones in Japanese.

CREAM OF THE COCKTAILS

Sharad Sharma, Beverage Manager at The Leela Palace, New Delhi, tells us why we shouldn't confuse crème and cream liqueurs

- A cream cocktail features cream—whipped, clotted or heat-treated—as the key ingredient. These include Swiss Dooley and South Africa's Amurala. A crème liqueur is a liqueur that has an extra addition of commercial sugar added to the point that it has a near-syrup consistency. Examples include pairfait amour and crème de banana. Crème, here, refers to the consistency of the liquid.

- Cream liqueurs are best consumed straight or with crushed ice. You can mix the flavours in layered shots. Crème liqueurs can be shaken, mixed & blended and can be used with ingredients like lime juice, sugar and even blended with champagne and wine.

- It's better for bartenders to keep experiments with dairy products to a safe minimum. A few extra milligrams of cream or a wrong concoction can totally ruin the drink's flavour.



ARE YOU READY FOR ANTI-GRAVITY YOGA?

Power yoga gave the ancient Indian exercise an energetic face-lift. Anti-gravity yoga is now turning it on its head, quite literally. Here's a closer look at this inverted exercise developed by aerial arts expert Christopher Harrison.

How it works

A satin hammock is connected to two overhead hooks and acts as a swing or a soft trapeze. It's wider than a rope, and offers better core and upper body support. The exercise begins with levitating meditation. Nestled into the swing, you sit in *badda konasana* or the cobbler's pose with your heels joining before you. This is done for presence. Now, the cloth should lock your feet tight enough to keep you from falling, but shouldn't block blood flow or hinder free movement. It involves exercises like hand-stand and head-stand. The session is wound up with *floating savasana*, sealing the positive effects of this exercise.

Why you should

About 40 per cent of the postures are drawn from yoga, the rest are based on pilates, aerobics and gymnastics. Still, it's called yoga because it enables the participant to understand the physics of existence and builds internal balance. By reversing the downward pull of gravity, the back bone is relaxed and the spine is decompressed. This helps in aligning the body and improving blood circulation. The inversion supposedly refreshes your nervous system and acts as an anti-depressant. It's designed to augment synergy of the muscular system and which is essential for adventure sports like bungee jumping and diving.

A note of caution

This workout is best for athletes and dancers who're looking at core muscle strengthening. It must not be done unsupervised and must stop if you're dizzy or nauseous.

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COLLECTOR'S OUT



NIKHIL RANJAN
CEO, William Penn

PURE PENMANSHIP

Warriors of the word have the choicest weapons to stock up on. Here's a guide to the world's best pens.

It is a useful weapon in war and peace, has often changed the course of history and turns sophomores into philosophers. A pen has the power to fuel imagination like none other and creates and destroys destinies with one single flourish. Most pen brands are more than 75 years old, so building a vintage pen collection isn't tedious. My period pens include the Sheaffer 25 with the lever-filling mechanism patented in the 20s; and the Parker 51 which introduced sturdiness into precious pieces in the 40s and gained a coveted place in New York's Museum of Modern Art.

Today, novelty and exclusivity lies in concept pens. If Switzerland's renowned jeweller Edouard Jud engraved Lord Shiva's cosmic energy on a Caran d'Ache writing instrument, Japan's maki-e artist Koshen Oshita unleashed Ganesha's good luck onto a Sailor limited edition. Italian manufacturer OMAS is better known for its statement pens, often inspired by symbols of luxury. Commemorating the bi-

centennial year of the famous French champagne Perrier Jouet, the body mimics the bubbly's translucent green bottle. Another asset from the OMAS workshop is the Aventador with carbon fibre and hexagonal rings modelled on Lamborghini's fastest car.

Diversify your collection in terms of aesthetic appeal and incorporate pens crafted from wood, steel, precious stone, exotic resin and jewels. The nibs should range from bold to calligraphic ones. I recommend Sailor's specialty nibs like Zoom, Concorde and the Fude. Your pens should be put to rest in a pen chest, with their nibs flushed out and facing upwards. For smooth writing, stick to the same brand for ink and prevent scratches by keeping pens in velvet pouches.

A connoisseur's collection is incomplete without Sailor's King of Pen and the Iconic 149 from Montblanc. The Olympio from St Dupont, Pilot's Vanishing Point and Millennium from Fisher Space Pen Co. are also worth collecting.



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THINK TANK

Off The Grid

London's King's Cross station juxtaposes Victorian charm with modern vision

The next time you're headed to Paris from London on a train, stop for a moment to catch a glimpse of the art above your head. After five years of work and an astounding investment of £500m, King's Cross station, a pivotal junction in London's rail network, is now complete. Even more incredibly, the renovation project went on all this time without causing a single disturbance to the fully-functioning station.

And there's plenty for Network Rail, the operators of the station to be proud of. For one, they've been able to preserve King's Cross's historic Victorian facade. Simultaneously, the interior has come alive with the unveiling of a stunning modern ceiling: a fan-like



matrix of white steel springing from a single plume. Architects have achieved a major design feat by creating the diagrid roof spanning 150m without a visible bolt or column to break the flow of the structure. Soon, there will be more additions. Among them, an elevat-

ed second storey with cafes, shops and also the biggest pub in any railway station around the world. All of these will be tucked away in peace and quiet, to help the consumer escape the rush. Good 'ol Blighty sure knows how to transform the mundane into a work of art.

BT MORE NEW RELEASES



The Dictator, (dir.) Larry Charles

Starring Sacha Baron Cohen, Anna Faris and John C. Reilly. A satirical tale of a dictator who risks his life to ensure that democracy will never prevail in his oppressed country.



Moonrise Kingdom, (dir.) Wes Anderson

Starring Bruce Willis, Edward Norton, Bill Murray, Cheri Wilson, Frances McDormand. A new-age fairytale about two 12-year-olds who fall in love, form a pact, and decide to run away into the wilderness.



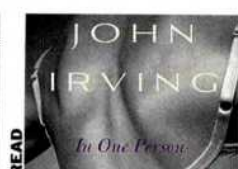
Norah Jones, Little Broken Hearts

Described as a concept album examining a difficult breakup, this fifth studio album by the Grammy-winning star has been produced and co-written by Brian Burton.



John Mayer, Born and Raised

The singer-songwriter's fifth studio solo album has been long delayed and marks a new direction for him. The lyrics and chords blend to maintain an artful simplicity.



In One Person, John Irving

The author's first novel told in first person since *A Prayer for Owen Meany*. *One Person* is the story of a 60-year-old bisexual man looking for a way to make his existence worthwhile.

THE BEST OF THE BEST

After years at the top of the culinary pyramid, chef René Redzepi's eatery Noma, seems to have not impressed one reviewer. *Elite Traveler*, a magazine for the world's wealthiest, recently published its first ranking of the world's Top 20 restaurants. Shockingly, Noma isn't even on it. Taking this Copenhagen eatery's widely-accepted spot at the top is chef Grant Achatz's Alinea in Chicago. The restaurant was praised for its 'hypermodern, emotional approach to dining.' Following in second place is Heston Blumenthal's The Fat Duck, which is noted for pushing the boundaries with its experimental menu. Chef Thomas Keller's New York restaurant Per Se took third place while his flagship eatery in California, The French Laundry ranked 14th. This earned Keller the honour of being the only chef with two restaurants on the list. Eat your way through the world with this comprehensive check-list.



Yellow Submarine

After setting up Virgin Galactic to take ordinary people into space, Richard Branson is now plotting ways to master the seas. He wants to go to the deepest point of the Atlantic, the Puerto Rico Trench. Given that the man has commercialised space travel and indulges in extreme sports and hot air ballooning, it's hardly surprising that his next endeavour involves submerging himself miles below the ocean. Although private submarine owners comprise a tiny group of billionaires, co-founder of submarine builder SEAmagine, Charles Kohnen, claims the trend has boomed in the last 16 years and is steadily rising.

THINGS TO DO THIS MONTH



CAMDEN CRAWL

Britain's legendary pub crawl is back this year and will be held on a bank holiday weekend from May 4 to 6. Spread over a two mile stretch of historic pubs and venues, crawlers get to sample new talent for over 30 hours across more than 50 venues. Featuring an impressive and extensive line-up of acts, don't miss this three-day party. **Website** TheCamdenCrawl.com

MOUNT ABU SUMMER FESTIVAL

Known for its serene lakes, picturesque locations and pleasant climate, Mount Abu in Rajasthan attracts thousands of tourists every year for its summer festival. Featuring ballads, folk dances, sport and a display of fireworks to close the ceremony on its last day, it will be held from May 4 to 6. **Website** FestivalOfIndia.in



INDIAN PREMIER LEAGUE 2012

The 2012 IPL season will be the fifth edition of the competition established by the Board of Control for Cricket in India. Both the opening and closing ceremonies will be held in Chennai, home ground of the reigning champions, the Chennai Super Kings. This year's tournament lasts from April 4 to May 27. **Website** IPL20.com



LADY ANTEBELLUM CONCERT

Having become a global success with the release of hit tracks like *Need You Now* and *Our Kind of Love*, the trio is all set to storm New York city. With a concert scheduled on May 3 and 4 at Radio City Music Hall, the band continues its tour that started in April and lasts until June. Get your tickets online before they're sold out. **Website** LadyAntebellum.com

ENGLISH TEA PARTY

The Twining family has been associated with tea since 1706. Here's their story from shrub to cup.



STEPHEN TWINING
Brand Ambassador, Twining's

In the 5th century, the south Indian prince Bodhidharma vowed to dedicate his life to Buddhist meditation. For hours, he would gaze at one of his cave walls and channel his thoughts and energy in a relentless search for self-realisation. During this time, his physical body struggled to keep up and he was soon overcome by fatigue. Helpless, he ran out and began chewing on a wild shrub furiously. To his delight, he soon felt refreshed and less sleepy. That magic plant, the legend holds, was nothing *Camellia Sinensis*, a tea shrub. Soon, word of this magic plant spread amongst the monks of India and China and tea was introduced as a warm drink to aid meditative practices in these schools.

Nature's source of rejuvenation, tea is an excellent detoxifier and has been noted for its medicinal benefits in oriental history and mythology. In 1706, another man's fury set tea pots brewing, this time in England. Thomas Twining was fed up with his country's habit of waking up to ginger ale and coffee so he began serving a range of hot teas in

his London cafe. The change was welcomed by his customers. Thus, he managed to create a new breed of tea connoisseurs who included the writer Jane Austen and even King Charles II.

By the 1750s, tea has gained considerable ground with the English elite who took to hosting parties. Here, the beverage was paired it with scones and shortbreads. Within a few short years, the tradition of the English afternoon tea was born.

This legacy that Twining's inherited carries the challenge of maintaining quality. We believe in employing a carefully monitored and expertise-driven tea making process.



The quality of tea lies in its colour and aroma. Raise the kettle high before pouring out the translucent liquid to get a sense of both.



TEA & FOOD PAIRING

The English afternoon tea or high-tea is traditionally savoured with goodies fresh out of the patisserie, like cream-filled petit fours, tarts and scones. The tea should round off the flavours of the food and vice versa.

DARJEELING TEA

The flavour is deep yet mellow and has a musky spice to it. The gentle astringency of the tea complements mildly spiced tidbits like mushroom and corn vol-au-vents and mini lamb turnovers. You could also use it to wash down grilled trout and curried chicken puff. A scoop of melted cream cheese too blends in smoothly.

EARL GREY TEA

The sweet undertone in this dark brown tea complements scones filled with strawberry jam and clotted cream. Otherwise, just pair it with an apple frangipani tart or traditional treacle tart.

GREEN TEA

Despite its flowery notes, the rich anti-oxidant leave a bitter after-taste. Even this out with the strong flavours of custard profiteroles, fruit palmiers and peach jalousie. You could also savour it with creamy chunks of mozzarella.



The first and only signature Twinings store has stood proudly on London's Strand since 1706

Tea is like wine. The place where it grows lends it a unique taste and character. For example, a Chardonnay grape from Australia is quite different from one grown in France. Although Darjeeling and Assam are less than two hundred miles apart, even the slightest changes in soil and humidity lead to considerably different tastes.

Experts must look out for flavours that fit into existing blends. For instance, the first flush teas, which are from the first picking season of the year, are judged by their rich flavours. So, we look for a deep muscatel tone in the Darjeeling. The second flush ones like the black teas from Assam and Sri-Lanka are judged more on texture and colour.

Once the imports from India, Sri Lanka, China, Kenya and Indonesia, cross the English Channel, their samples are placed in our tea library.

This houses more than 30,000 varieties of individual teas, which are mixed into blends by hand and sampled by our team of nine tasters.

A good taster is one who can tell apart two consecutive batches from the same estate and yield. Our team tries out 900 cups a week. That's enough to fill 20 bath tubs. The tea is first tried without milk. This helps in evaluating its consistency.

Black teas are allowed to oxidise, to produce their colour, whereas green teas are either steamed or pan fired to insure that oxidation does not occur and they remain pale. In tea bags, quantity equals intensity. Brew in warm water for three minutes to extract the flavour. Depending on the tea, serve either with creamed milk or zesty lemon. Whichever way you choose, the goodness of a cuppa is evident. ■



Conscious about Health?

Drink
Green
Tea

Duncans *Double Diamond*
high grown organic green tea
is Rich In Anti Oxidants which
keeps you Healthy and
Refreshes you with every sip.

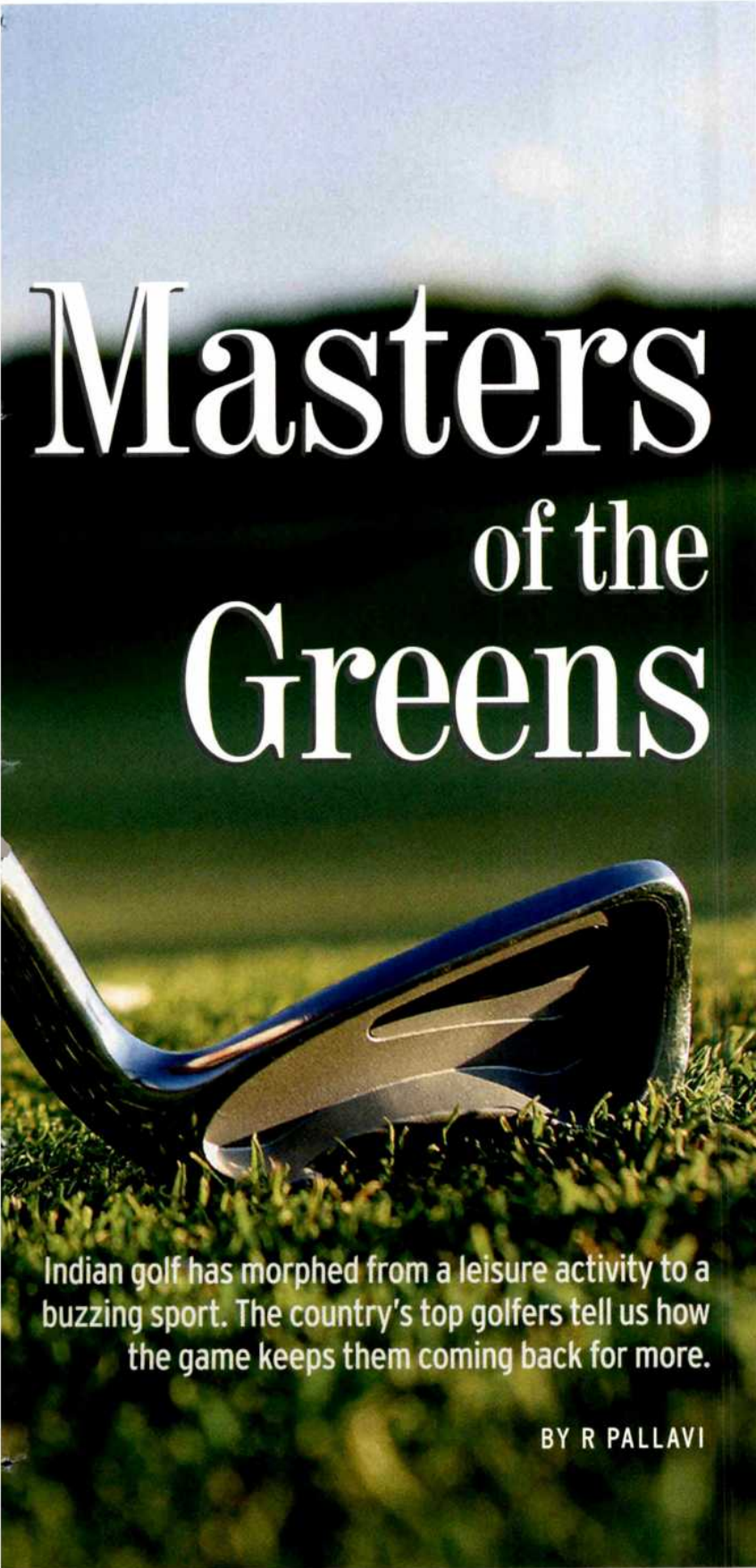
* Preferred to be consumed
without milk.



Duncans Tea Ltd.

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31, Netaji Subhas Road, Kolkata - 700001
Phone : (033) 2242-1605/1608/1617





Masters of the Greens

Indian golf has morphed from a leisure activity to a buzzing sport. The country's top golfers tell us how the game keeps them coming back for more.

BY R PALLAVI

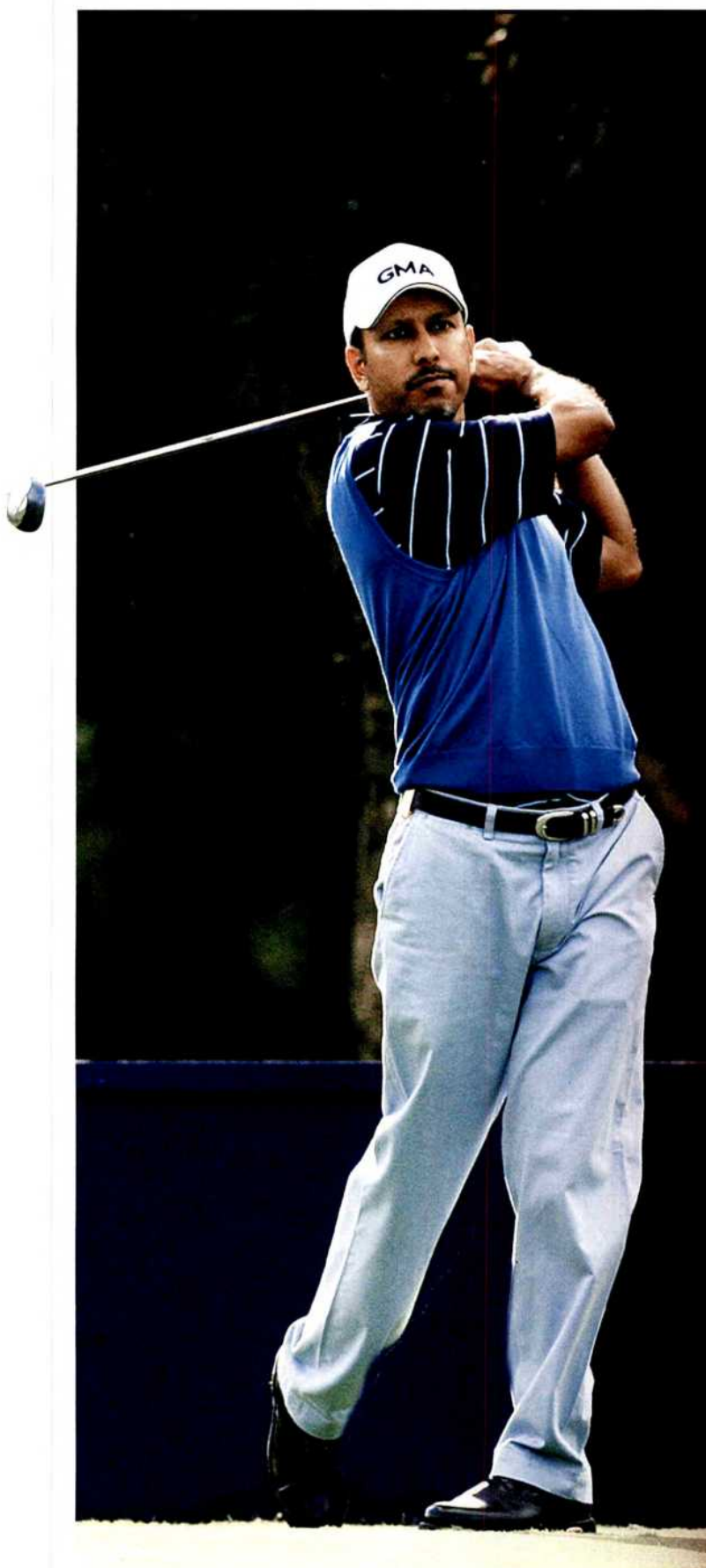
Golf has come a long way from the snobbery of elite clubs. With manicured fairways, scientifically engineered products and competitive tournaments, this weekend pastime is on its way to becoming a serious sport. With millions of dollars offered as prize money, even in local tournaments like the Indian Open and the Avantha Masters, young putters have enough incentive to perspire on India's humid greens.

Golf enthusiasts look to stalwarts like Jeev Milkha Singh who clinched the Volvo China Open(2006) and Bank Austria Open(2008); and Arjun Atwal who struck gold at the American PGA last August. On the Asian circuit too, champions such as Jyoti Randhawa and Digvijay Singh are drawing attention their game.

The Gurgaons, Greater Noidas and Aamby Valleys of India are roping PGA veterans like Greg Norman, Almond Palmer and Nick Faldo to set up world-class courses. This has encouraged brands such as Callaway and TaylorMade to bring to India their scientifically engineered golf gear worth crores, and even offer customisation services to professional players.

So the obvious next step was an IPL-style Indian golf league. And here it is. The Louis Philippe Cup, which was held in Bangalore recently, pitted 28 professionals and eight city-based teams against each other across two days of fierce stroke-play. Golf was never short of sponsors but this event has broken records and given the sport an entertaining edge, something it lacked.

The men of the moment tell us how they bring in the high octane energy around them, into the world's slowest game.



JEEV MILKHA SINGH

Son of Olympian Milkha Singh, he was awarded a Padmashri in 2007, 50 years after his father received it

Inside my golf kit

I love the feel of the Callaway RAZR Hawk Driver, which has helped me gain considerable distance compared to my FT-3 driver. It uses a forged composite material on the crown, an advanced light weight material developed in partnership with Lamborghini. I also play with Callaway RAZR forged Irons which offer a soft feel and incredibly responsive feedback, essential for great play. For putters, I rely on the Odyssey Black Series Tour Design #4 Putter, the best in the world.

Accessories I sport

The Callaway Hyperbolic golf shoe is lightweight, comfortable and offers great traction on the greens. I wear a Rolex Cosmograph Daytona, which embodies prestige and performance, qualities I take pride in relating too.

A moment to remember

Jack Nicklaus winning The Masters at the age of 46 with his son playing caddie.

Greener Pastures

Augusta National Golf Club, Georgia

Taking a tee-break

The best courses and golf shows make Las Vegas my favourite golf vacation.

The man behind

I de-stress and energise myself with a 30-minute yoga session everyday. My source of calm is my family. I spend time with them and read philosophical books.

“ THE VIBRANT LIVE PERFORMANCES AND PLUSH COURSES OF VEGAS MAKE FOR A GOOD GOLF HOLIDAY ”

PROMOTION

Reebok REALFLEX



Reebok RealFlex features 53 independent "sensors" on the bottom of the shoe strategically positioned to adapt to all training surfaces. These "sensors" work together throughout an athlete's stride, promoting natural movement and flexibility, while protecting them from the elements associated with barefoot running. The result is a shoe that delivers all the benefits of barefoot running with the protection of a traditional athletic shoe.

With its minimalist construction on the upper, RealFlex delivers a "sock like" feel to the athlete. When combined with the 53 "sensors" on the bottom of the shoe, RealFlex promotes and enhances natural movement in a way that allows the athlete to move the way nature intended.

The new collection of RealFlex is available at select Reebok outlets for **Rs.4999 onwards for men and women** and for **Rs 3999 onwards for kids**.



Expo 2012 Yeosu Korea Aims to highlight marine development



On November 26, 2007, Korea won its bid to host the 2012 World Expo in its southern coastal city of Yeosu. This year, under the theme "Living Ocean and Coast," 106 countries and nine international organizations will showcase their diverse marine development and advancement of oceanic technology on the southern shore of the Korean Peninsula from 12th May to 12th August 2012. Yeosu will play host to the 93-day event, and is expected to lure around 8 million visitors around the world. At this Expo, countries will pledge and enhance their cooperation to protect the ocean for the future survival of the world.

The Exposition will be an opportunity for the international community to clearly understand the role of the ocean, coast and the challenge facing humanity caused by the reckless development of the ocean and coast. Countries participating will share knowledge on the proper use of the ocean and recognize the need for cooperation in the marine sector.

Yeosu Expo's theme, "The Living Ocean and Coast," is divided into three sub-themes: Coastal Development and Preservation, New Resources Technology and Creative Maritime Activities.

A multitude of cultural and tourism programs will be offered to entertain visitors. On "national days," participating nations will stage performances showcasing their cultures. More than 3,200 performances and other shows by domestic and international celebrities are set to take place throughout the three months of the event. The Expo is projected to generate about 12.2 trillion won (\$10.8 billion) worth of production and create about 5.7 trillion won in added value, as well as 80,000 jobs. Along with the Olympic Games and World Cup, the Expo is considered to be one of the three major international festivals.

For more details you can log on to
<http://eng.expo2012.kr/>





DIGVIJAY SINGH

Has recently ended his 12-year title wait by winning the Panasonic Open and holds 12 wins in the Indian PGTA

In my golf kit

I use TaylorMade woods, Titleist irons and balls and Odyssey putters. I am a granola bar addict so you'll never see me with a shortage of those. I depend on my 2-wood and 3-wood irons.

Accessories I sport

You'll never see me without my Oakleys. I have different colours for each season. I enjoy experimenting with my wardrobe. I complement my funky and colourful wardrobe with golf shoes from Foot Joy.

A moment to remember

Mr. Watson finishing second at the British Open at the age of 60 was a great moment for golf. If I look at my career, I can point to the time I won my first professional tournament at the BPGC Open way back in 2000.

Greener Pastures

The Royal Springs of Srinagar is set in a picturesque background and is a pleasure to play on. Here, you can pluck plums and apples in between shots.

Taking a tee break

My holidays are not about golf, but about taking a break from it. Being an adrenaline junkie, I enjoy sky diving, target shooting and biking. Having enjoyed my scuba diving experience at Phuket, PhiPhi and James Bond island, I am planning to go to Borneo and Egypt next.

The man behind

The best form of meditation is enjoying whatever you're doing at that very moment. This is what I do to keep stress at bay. In free time, am watch movies and hanging out with my family.



VIKRANT CHOPRA

The urbane Delhi boy bagged the Northern India Open amateur title in 2005 and hasn't looked back since then

In my golf kit

My idea of being fully geared is a bunch of Titleist irons, a Gel putter, a Callaway driver and 3-woods by TaylorMade. For longevity of shots, I have complete faith in my titanium driver.

Accessories I sport

Oakley sunglasses keep the sun at bay. Foot Joy shoes have spunk and offer the right grip. Add an Omega watch to this and I am all set for a long day at the greens.

A moment to remember

Tiger Woods making the chip on the 16th hole in the Augusta Masters, 2011. That was just the most unbelievable shot ever! The most memorable moment in my life was when I won my first amateur tournament at Eagleton Golf Course in Bangalore in 2004. My score was 21 under par and the record from that tournament still stands. I consider this nothing less than a turning point in my career, and life.



Greener Pastures

I play at the Delhi Golf Course very often, and absolutely love the experience.

The man behind

For me, golf mandates work. So, when I'm not putting around, I am a total adrenaline junkie. It's exciting to grapple with the terrains of North

India, especially when you're biking or fishing across them. I am also a big beach person and enjoy all water sports immensely. Recently, I have taken up sky diving and my highest jump has been from 6000 ft at Hisar. The experience is exhilarating, mind-blowing and the best way to beat stress.



ABHISHEK JHA

He clinched a title in his rookie year at the PGTI in 2010. In a sport where perfection comes with age, he's clearly on the right track.

In my golf kit

All my irons and drivers are manufactured by TaylorMade. Since I am 6 ft 6, I need clubs that are an inch longer than the regular sized ones. The brand customises the equipment for me. My

15-year-old club is the most treasured and trusted part of my kit. Since it has been with me through thick and thin, I refuse to give up on it.

Accessories I sport

I draw my style and comfort from Oakley

sunglasses and Adidas shoes. You'll never spot me without them.

A moment to remember

In golf, more than other sports, history is created everytime an underdog emerges victorious. So, an underdog's victory is the moment that touches me the most. On a personal note, I will never forget the time I was up against Vikram Rana in the quarters of the All India Championships.

Greener Pastures

The wind makes golf both, a challenge and a pleasure at the Coimbatore Golf Course. Since it's also a place where I've done well, this patch of green in the south is very dear to my heart.

The man behind

There's a world away from strokes and swings. In this world, I unwind by watching TV and hanging out with friends. I catch up with people dear to me, one of them being fellow golfer Anirban Lahiri. He introduced me to *Vipassana* meditation which changed my life. I now try and observe the continuous practice through the days and sometimes when in the zone, sit in a meditative state for about two hours. Given the peace that I derive from *Vipassana*, I make it a point to do the course once, or twice, every year.



JYOTI RANDHAWA

A regular at international tournaments since 2002, he features in the top 100 of the Official World Golf Ranking

In my golf kit

TaylorMade equips me with irons, woods, golf balls. I use a black series putter by Odyssey, but my favourite driver is the R-11, which I use frequently. I also carry energy bars, dry fruits and being injury prone, I also keep band-aids handy.

Accessories I sport

Oakleys are easily the best lenses, I also use them while biking. FootJoy shoes offer stability on the course. On a casual day, I wear Rayban Wayfarers and Church's shoes. I alternate between a Tag Heuer and a Hugo Boss watch.

A moment to remember

I hit the 2nd shot straight to the hole from a distance of 160 yards at the Indian Open in 2008. Tiger Woods has given the world many moments, which golfers around the

world draw inspiration from.

Greener Pastures

Apart from the golf courses in Gurgaon, where I've spent maximum time, the Capilano Golf Course in Vancouver is one of the best golf courses to play on.

The man behind

I unwind over skydiving, target shooting and deep sea diving. In fact, Digvijay and I have got into all sorts of adventurous activities together since school. I also broke my collar bone in a biking accident in 2001 but that hasn't deterred me from biking. In my spare time, I watch action flicks like *Black Hawk Down* and *Saving Private Ryan*. Also the *Indiana Jones* series is one that I can watch over and over again! In between games, I take a dip and distract my mind with movies.



IN THE DRIVER'S SEAT

Getting behind the wheel of an Audi A7 is a He-Man kind of experience where the sheer force of the car makes you want to shout...I have the power

BY PRACHI BHUCHAR

Let's face it: not too many women test drive cars. I don't know if it's because they are intimidated by uber-sophisticated wheels, or whether it's just not their style to salivate everytime an engine revs up. Either way, I met with raised eyebrows and bemused, "Are *you* planing to drive it?" type of reactions as I slid into the driver's seat of the Audi A7 and prepared to take it down the dusty NH8 to Lakshman Sagar in Rajasthan. Seven hours later I could not stop grinning. I was on a high fuelled by one-on-one time with this extraordinary machine (not to mention the envious glances and even open gapers who were encountered en route). I felt like I had arrived.

The A7 Sportback 3.0-litre V6 diesel is meant for those who care about the ergonomics and geometry of a car; for those who love technology; and above all else for those who understand and appreciate a sportback and know how to treat it right. It's large windows, ample



SPECS

- **ENGINE** 3.0 I TDI V6
- **MAX POWER** 245bhp at 4000-4500rpm
- **TORQUE** 118 Nm @10,000 rpm
- **WHEELBASE** 18-INCH ALLOYS
- **HIGHWAY MILEAGE** 11 km/litre
- **FUEL TANK** 65 LITRES
- **AUTOMATIC TRANSMISSION GEARBOX**
- **DIMENSIONS** 2045x720x1130 mm
- **EX-SHOWROOM PRICE (DELHI)** ₹64 LAKHS





The touch pad and sleek MMI system make it easy to change music, feed in an address on the GPS and perform other functions.



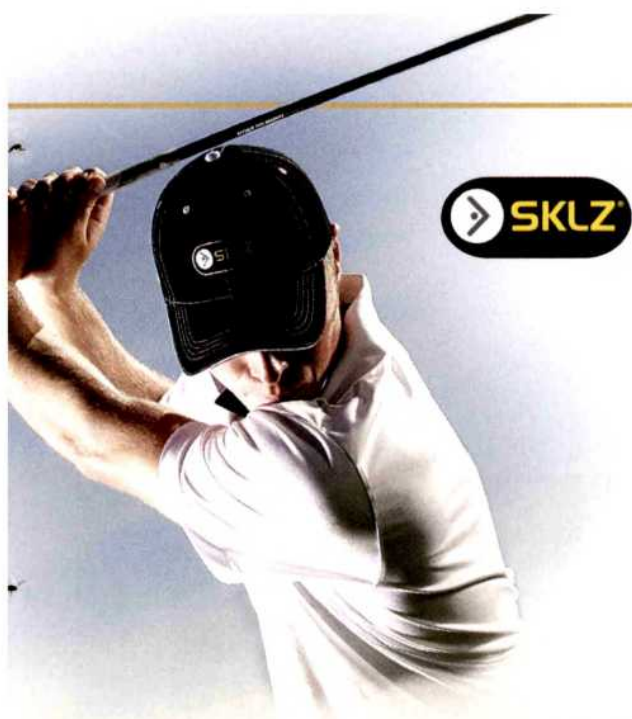
boot, LED daytime running lights, and deliciously curved behind, come together to create a car that's the perfect weekend getaway drive. The interiors are top notch like all Audis, but wedged as it is between the A6 and A8, this car has that extra oomph factor with its sophisticated cream, luxe leather seats, teak wood panelling and other fancy trimmings. These give the impression of being in your own first-class coupe (with more leg room).

Ok, so I get enamoured rather quickly and a combination of the fancy multimedia interaction screen that glides out from its secret place on the dashboard, two-zone climate control, parking assist feature (yes I needed it), Bang & Olufsen system, and much later, the 18-inch alloy wheels, had me floored.

The car is rather low but it's a happy vantage point to be. The computer gives you the option of customising your drive depending on the road and the driver. Fancy, adjustable seats, paddle shift gears and dynamic steering are not new to the Audi, but the chance to tweak suspension on selecting the comfort, automatic, dynamic, or manual mode, depending on your mood is unique. The car's pick up is phenomenal and as you overtake, or turn a nasty corner, it manoeuvres beautifully, keeping pace with the manic mood swings of the driver. Even at 180 km/hr on the highway the car felt stable, and safe. My one complaint: while the raised suspension works well, the car remains low enough to feel the nudges (albeit gentle ones) when going through potholes. It also uses the Quattro system like other Audi's which translates into roughly 60 per cent of the power being channelled to the rear axle.

This four-door coupe is thoughtful, silent and responds to the lightest touch. The cruise control feature which I set at 100 km/h meant I could afford to search for my favourite music without worrying about smashing into the next car; and the night vision feature meant I could drive after sunset without squinting in the dark as it outlined people in my screen well before they were too close to the car for comfort.

Cars like the A7 have been made for those who can afford excessive luxury on four wheels and for those (like me) who want to feel good about their driving skills. I came away from the test drive feeling like a powerful, better driver. With the car doing most of the work, the actual driving really was a piece of cake. ■



SKLZ - SPORTS, FITNESS & GOLF TRAINING BRAND NOW IN INDIA

Soon it will be possible for the Indian amateurs and pro golf players alike to train with one of the best golf training aid manufacturers - SKLZ. For those already playing at a Pro level would have already heard/seen the brand or in some cases even used their products. Launching in India with their full range of training equipment SKLZ will help you tweak your weak points whether you are struggling with Accuracy, distance, putting or fitness.

• What you get?

Patented golf training products that have been tried and tested by Pro's and academies across the globe. These training products are used by pro circuit players to constantly improve their pain areas as well as amateurs to constantly improve their handicap.

• How is it different?

The focus is on the game improvement and game improvement only! SKLZ is the innovator in athletic training and focus is to be the leading go-to brand to get your swing, body and mind in shape to achieve your maximum potential in golf and enjoy the game to the fullest.

• Are any Pro's using SKLZ?

Many but to name a few - Vijay Singh • Jhonattan Vegas • Lee Janzen • Casey Wittenberg • Geoff Sisk • Andrew Svoboda • Patrick Sheehan • Scott Gutschewski • Jeff Quinney • Bob Heinz • Joe Ogilvie • Jason Gore • Brian Bateman • Steve Allan • Matt Bettencourt • Mark Brooks • Steve Flesch • Carlos Franco • Robert Gamez • Mathias Gronberg • Fred Fun • DA Weibring

• How can you get it?

Brought in India by leading sports brand — STAG.

For more information on SKLZ, please contact: Pranav Kohli,
Mob: +91.99976.69999, Email: pranav.kohli@stag.in

PROMOTION

HAIER: INSPIRED LIVING

Haier, one of the largest Home Appliances & Consumer Electronics brands, worldwide, and the Global No.1 in Refrigeration Appliances offers wide range of refrigerators in India. The refrigerators range of Haier India is the result of company's continuous focus on bringing 'consumer relevant innovation'. The range is strategically designed to transform consumers' everyday life into 'Inspired Living'. All the refrigerators of Haier India are in line with the global brand theme of Ecolife, a range which comes with the value addition of Ecofresh life.

Haier India offers the following range of refrigerators to Indian customers with whole host of benefits

- Bottom Mount Refrigerators- Equipped with OptiCool technology, designed according to the needs of modern Indian woman and keeping in mind inconvenience of frequently bending down while using the refrigerator. Haier India has recently launched 'Jhukna Mat' campaign for its Bottom Mount Refrigerator Series
- Global Top Mount Elegante Series- Aesthetically designed & intelligently crafted with 5 star rating as per 2012 Bureau of Energy Efficiency Norms. Equipped with VC Fresh technology, which retains the nutritional, freshness value of the fruits and vegetables for 5 times longer than a normal refrigerator.
- Side-by-side Refrigerators- Equipped with intelligent features like the Multi Route Air Passage, Open Door Alarm, and the Vitamin C Fresh technology
- Direct Cool Refrigerator Series- With Diamond Edge Freezer Technology (DEFT) for a more proficient and energy efficient cooling system
- Mini Bar Refrigerator Series- Small wonder with sleek finish and international styling, which is ideal as a second refrigerator in the bedroom

By establishing Eco-conscious lifestyle, Haier is inspiring its customers to lead sustainable lives and to make the world a better place for everyone.



Haier India is also known for its launch of BMR technology for the first time in India.



Haier

It's a Rad Rad World

Suspended between the past and the future,
here's the story of how Rado arrived on time

BY R PALLAVI

Time is an eternal alternation of conflict and consensus, and the history of timepieces bears testimony to this. If an influx of cheap digital watches from Hong Kong and Japan left Switzerland's generations-old watch industry finding its feet in the 70s, it also heralded a new dawn and reinvented horology as we know it today.

In the early 80s, when watch companies were collapsing like concrete structures around him, Swiss-Lebanese entrepreneur Nicholas Hayek chose not to get muddled up in its smoky debris, and broke right through the labyrinth. At the outset, he noticed the seemingly rapid descent of the manufacturing giants Société Suisse pour l'Industrie Horlogère (SSIH) and Allgemeine Schweizerische Uhrenindustrie AG (ASU). The former held the heritage brands Omega and Tissot and reacted to the crises by slashing prices, thus dissipating their trademark value. The latter took pride in its know how of the Ebauches S.A (ETA) movement and supplied components to the world's watch market, but found it increasingly difficult to keep pace with the dynamics of the digital revolution.

The now-famous Hayek report, piled on the gloom for Switzerland's watchmakers. With 500 million units produced each year, 450 million watches fell in the lowest cost bracket, priced at about \$75; 42 million were relatively high-end at about \$400. Only eight million cost more than \$1,000. In other words, with the smallest slice on its plate, Switzerland was left to starve. In 1983, Hayek merged SSIH and ASU to form the Swiss Corporation for Microelectronics and Watchmaking Industries Ltd (SMH), more commonly known as the Swatch Group.

At Swatch, Hayek decided to fight the meaningless commodification of watches by adopting his country's famous middle-of-the-road stance. He engaged his marketing maturity in perfecting brands which struck a chord between substance and affordability, and in a matter of days, the Swatch cult was born.

Since then, the group has built watch brands that shuttle between a wide price range and remain distinct. From the artistic intricacies of Breguet to the Grande complications of Jaquet Droz, time has found new meanings. Another player that emerged strong from

The white and black timepieces in
the HyperChrome collection
conjure up images of yin and yang





Matthais Breschan, CEO, Rado, explains the workings of the HyperChrome collection at its Dubai launch

this third wave unleashed by the Swatch Group was Rado. Even though the brand uses carefully treated high-quality metals and stones, it remains within the wide price range of £1,000 to £4,000 and attracts a global audience. The name that brings to mind images of polished ceramic bezels and symmetric cuts on metallic straps is hailed for introducing sophistication to everyday fashion.

The saga began in 1963 when Rado introduced the world's first scratch-proof watch. One innovation after another, Rado has kept watch aficionados in thrall ever since. If 1986 saw the making of skin friendly ceramic, 2004's nanocrystalline diamond watch with the strength of 10,000 Vickers (a unit derived from a test of metal hardness) proved hardest at the Guinness Book of World Records. A clever use of materials, along with a keen eye for design, has taken the brand from one celebrated landmark to another. To this, CEO Matthais Breschan adds "Our brand is a relatively new entrant in an industry that dates back to 1800s. So, we can constantly innovate without the pressure of conforming to a set style".

Two models which stand out for an inventive use of resources are the Lantano and Dia Star. The former was

Rado's strength lies in giving each watch a sturdy, yet stunning housing



set in the soft, ductile and robust metal tantalum, mined in Brazil, Western Australia and Central Africa. The latter comprised of Ceramos™, a platinum finished hard metal that's surprisingly lightweight and adjusts to skin temperature easily.

The alchemists at Rado have now concocted the HyperChrome collection. A scientific injection moulding has enabled the creation of a monocoque or single piece ceramic case, which covers not just the dial, but also the lugs and surrounding brackets. This time, Rado has chosen to express its thoughts in black and white.

The Men in Black encases its automatic movement and a 42-hour power reserve within a black metallic veneer. Its lustrous black dial is imposed with 12 rhodium applied indexes with white luminous reflectors and is complete with a three-row bracelet clasped by a threefold titanium buckle.

DESPITE AN EMPHASIS ON QUALITY AND NEW TECHNOLOGY, RADO STAYS IN THE MID-LEVEL PRICE RANGE OF ABOUT £1,000 TO £4,000

The White Wedding stays true to its feminine etymology with a gold shimmer and an ashen glow. The crown moulded in steel and white rubber is illuminated by gold hands and the 25 jewels

that are encrusted in its movement.

A trait unique to Rado is its ability to connect new collections to old ones, and still ensure each piece has a character of its own. For instance, the Rado Integral (1986) was the first to feature a scratch-proof sapphire crystal, and its successor Rado Coupole (1987) had an elegant dome shaped one which deflected sunlight. Here, Breschan notes 'Rado's collections are modelled on prior ones, and this helps in interpreting old technology in new ways'. Even the HyperChrome remains suspended between the past and the future. If the finely cut diamonds bring to mind a certain Sintra Jubile (2003), the ceramic's shimmering finish replicates the Ceramica (1993).

In an age where books are judged by covers, brand image determines sales. This has driven Rado's association with events and personalities around the world. At the Australian Open in 2001, Rado launched the Sintra Chrono Australian Open limited edition and the tremendous visibility among sports fans that followed, prompted them to take on the official sponsorship at Abu Dhabi's Mubadala World Tennis Championship in 2011.

Today, the brand is on its way to building a stronghold in the emerging markets of Asia. This comes through in its choice of Asian faces as global brand ambassadors like Bollywood actor and youth icon Hrithik Roshan and Taiwanese singer Rene Liu.

An association with Asian culture is also built by organising launches and events in popular Asian cities. If the world's thinnest ceramic Thin Line series was



The anchor symbol on the crown and water resistance of up to ten hours, lend the Men in Black its nautical feel.

unveiled in Hong Kong's commercial hub, the metallic D Star found fame in the Indian capital.

The latest HyperChrome collection also made a grand entry at Dubai's beachfront in February. With Dubai's landmark hotel property, the yacht shaped Burj Al Arab in the backdrop, the event aimed at drawing analogies between the brand and the city, especially their common passion for constructing and breaking records.

Rado employs a scientific understanding of precious metals and curates pieces that aren't engineered, but 'imagineered' for success. ■

You've got a Gift

BT More picks out products and deals that are writing and re-writing the laws of corporate give and take.

BY R PALLAVI

In 1923, French sociologist Marcel Mauss authored a book titled *The Gift*. The ethnographic work was the world's first documented analysis of the practice of gift-giving. Even though he understood it in the context of tribal groups building relationships through gift-exchange, its implications are relevant across time and age. What appears as a voluntary gesture has unspoken obligatory underpinnings. The concept is one that rests on reciprocity, corresponds to protocol and embodies the status of the giver. No

one understands the rules of game better than the corporate world, where success rests on creating impressions and establishing goodwill.

The concept of corporate gifting has escaped from the drudgery of paper weights and key rings. Today, a gift could be anything from a fancy gadget, a relaxed day at a spa or even an adventure holiday. A host of brands are customising their products and services as lucrative business incentives and are able to attract companies who're more than willing to splurge on this new-age fad.

Desk Work

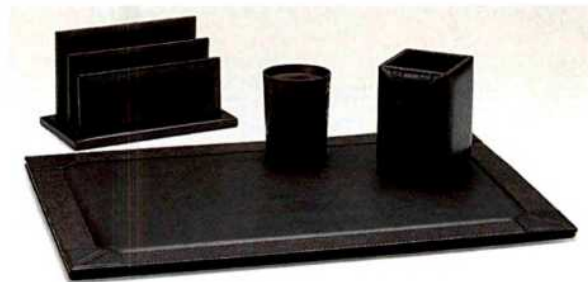
Tumi Travel Mouse

The convenience of an office desk while on-the-go, is what every business travellers would crave. Making life simpler, this travel mouse is sensitive to most surfaces and has a tracking range of up to five metres. An automatic sleeping mode conserves the battery and its ergonomic design keeps your arm from getting tired. Price ₹4,600



Livescribe Echo Smartpen

Some people struggle with a stylus on a tablet, others just use a Livescribe. The new Echo model stores up to 400 hours of recorded audio and notes, and comes with an in-built multi-language translator and a scientific calculator. Price \$149.95 plus shipping



Gucci Desktop Accessories

If you thought Italian fashion houses are only as good as their clothes, it's time for a rethink. Table-top goodies from Gucci are all set to give the office space a fancy facelift. Here's a complete desk set that features a pen-stand, candle-stand and a card holder. The signature Gucci logo is stitched onto the matte-finished chocolate brown leather, making it a statement in elegance. Price on request



Epson Photo Printer

In a world of digital cameras, photographs are often lost in the folders of your hard-drive. Give businessmen a chance to relive their cherished moments with this photo printer. It works on what's called the variable-sized droplet technology which offers smooth yet sharp images. You can even create an ID and give print commands without a PC connection. Price ₹10,999



Montblanc Card Holder

Your business card may be worth a million bucks, but you lose out on brownie points if you keep it squashed inside a wallet. Make a statement with this card holder that's set in polished stainless steel and embossed with the brand's logo in the centre. Price ₹7,400

Faber-Castell Pen of the Year

If the 24-carat gold leaf embodies prosperity and grandiose, 1,700-year-old oak draws on substance and depth. This new pen from Faber-Castell condenses life's essence in its lustrous body. It features an 18-carat dual coloured gold nib that is available in sizes M, B and F. Limited to 1,500 pieces, the pens are individually numbered and kept safe in an exclusive jet-black wooden case. Price ₹2.5 lakh



Comfort Zone



Ananda in the Himalayas

Trekking the Himalayas, rafting the Ganges and unwinding with herbal massages and yoga, your employees are bound to come back refreshed.

Price ₹14,000 per night (complete package)



Grooming vouchers by Bliss Salon

The upmarket salon in Mumbai and Delhi offers oil massages and cooling facials. With a Playstation counter, the business boys needn't question their presence. Price upto ₹5,000



Set up a home gym by Technogym

With treadmills and bikes that keep you connected and machines that offer zero-impact exercises, a customised home gym is the best medicine for corporate stress. Price on request



Organic food basket by Organic Haus

This organic food store in Mumbai houses 900 products and let's you customise a food basket including roasted snacks, diet jams, and detox teas. A gift of good health. Price ₹1,000 onwards

On the Go

Nikon D-4 with Mic

This digital SLR features an FX-Format image sensor with a pixel count of 16.2 million and the EXPEED 3 image processor that gives clear outlines, even in low light. Like never before, it comes with a 3.5 mm mic input jack and a headphone jack. Your business associates are sure to think of you on their adventures. Price ₹3,24,950



Victorinox Climber

The Swiss knife and the business world have one thing in common: multi-tasking. Set in silvertex, this tool will untangle bicycle chains, open canned foods, uproot tent pegs; and even pop open some champagne in the middle of nowhere. Many gifts thrown into one, we say. Price ₹1,850

Zenith El Primero Stratos Flyback

If an agile mind helps them tackle everyday challenges, a military chronograph like this one readies spirited corporates for taking on the great outdoors. It comes with a 50 hour power reserve and a scratch proof anti-reflective coating on both sides. Price on request

Royal Caribbean Incentive Program

The 'Individual Incentive Cruise Certificate Program' allows you to gift your employees performance certificates for cruise holidays around the world. Based on their performance, you can decide the ports, nights, ships, accommodation and other perks. Now that's called motivation. Details on royalcaribbean.in





Charcoal Project Suitcase

In a race for sturdy and scratch-free, suitcases have lost their character. Mumbai's Charcoal Project does a throwback to the old days with their vintage luggage collection. Travelling in style just got a lot more classy. Price ₹1,34,000



Seek Pleasure

Tommaso Cavalli Wines

A popular gifting idea with the business fraternity gets a fashionable makeover. Aged for 34 months in the Tuscan countryside, Tommaso Cavalli's wines bear labels designed by his father Roberto Cavalli. Price ₹16,990 (1.5 litre)



Armenteros Cigar Box

Your colleagues will be more than pleased to ditch the cigarette for a real smoke. Nestled in the warmth of a portable wooden box, the cigars sit wrapped in aromatic leaves from Cuba. From heady Robustos, to full-bodied Churchills and coffee-flavoured coronas; you'll find it all here. Price ₹3,700 for an assorted pack of five cigars



Patchi Chocolates

It may be one of the safest gift options, but you can still add some glamour. If the resemblance to gold biscuits doesn't attract you, the rich flavours will. From bitter dark to crunchy almond and hazelnut, these chocolates can also be ordered in sugar-free. Price ₹1,600 for 270 grams



Callaway Razr Fit

The sunday tee-off with the boss is getting competitive and a good driver can save the day. Callaway's new titanium driver increases ball speed, and is adjustable to the player's strength and playing style. Price ₹22,000



Off the Ramp

Paul Smith Bag

On the front is a picture of a car decorated with the signature Paul Smith stripes, and parked outside his LA boutique. The colours aptly capture the spirit of the brand. On a casual day, your clients can replace their briefcase with this holdall.



BOSS Orange Sunglasses

They're big, brown and beautiful. These pale, tinted sun shades are oversized and pair well with formals. Rimmed with a lightweight fibre, they are comfortable to sport in the heat.



ETRO Spring Hats

Etro's colour palette is always bustling. Give your team a dash colour before you head out to that offsite at the beach. The hats are made of canvas and cloth with an edgy rope detailing.



TAG Heuer Jack Heuer 80th Birthday Limited Edition

Commemorating the man who lent his design aesthetics to the brand's flagship Carrera, this classic chronograph bears his signature along with a Heuer Family coat-of-arms dating back to the 15th century. The sunray dial features large counters at 3 and 9 o'clock. Just the accessory the urbane executive needs to strap on for collared events.



TOD'S Custom-Made Project

Turning leather into gold? Tod's leather crafts come quite close. Your business associates can now wear a customised leather goody. They can choose the colours and cuts of their loafers and bags and also between leathers like the matte crocodile and water snakeskin. Available in Delhi and Mumbai.

GIFT SMART

Don't pick corporate gifts just because they look good. Think about the value your associate will put on them and the message the gift will convey. The right choice has the power to create lasting brand loyalty.



PIYUSH SURI

Founder-Director, 5By7
Premium Corporate Gifting Company

Imagine meeting someone at a party who only talks about himself. no matter how good his experiences are or how cool he looks, he is bound to annoy you after a point.

Compare this to a brand; one which does not engage its audience and where the communication is only one sided, perhaps through TV or print ads. Do you see the point?

Brands today have to emotionally engage clients across dimensions and through various activities. Corporate gifts build such conversations between brands and their audiences. To do this, companies are now investing in unique and luxury gifts to connect with clients.

A thoughtful gift is an emotionally engaging experience that can create brand loyalty for years. Companies are waking up to the power of custom-crafted merchandise and tailored experiences that resonate the essence of the who they are and how they want to be viewed. One of the recent trends is one adopted by luxury carmakers who create holidays around factory visits in Europe that are an auto enthusiast's dream and create lifelong customers.

The market is moving away from traditional gifts like dry fruits or chocolates to more long lasting gifts or even experiences. Just picking up a product and putting your logo won't get you very far no matter how expensive the gift is. The audience might continue to

use the product but not necessarily change their perception of it. Everyone loves a useful gift; utility-driven gifts like electronic gadgets, vacations, designer stationery, etc. are far more engaging than those that are expensive but will eventually collect dust in a corner. Design and presentation can make or break a gift. You should give equal importance to the packaging to create a distinct and lasting impact.

With more exposure to luxury brands we are simultaneously redefining what luxury means. It no longer merely refers to a high-priced item. In fact, today luxury brands are those that are of high value. Brands creating their gifting strategy need to understand this basic rule: you don't have to gift an expensive brand but should choose something that resonates with your client and also reflects your core values. Bespoke handcrafted journals for jet-setters have won accolades, for their sheer simplicity and usability.

Gifts have to be given for a reason. If you don't have a reason, create a good one. The reason could be the launch of a product or service, a celebration, festivals, etc. Create a calendar of annual events and base your gifting strategy on it. For brands that haven't done anything yet, keep aside a portion out of your budget for gifting. The right gift at the right time often goes a long way in creating a connect. ■



GRAND GOA



The outdoor swimming pool offers an unmatched setting to relax

The Grand Hyatt in north Goa personalises five-star service and stamps luxury with its signature style. Sprawling across 28 acres of lush verdure along Bambolim Bay, it establishes itself as the latest no-to address in the Sunshine State.



Sometime in the 17th century, a very wealthy Portuguese merchant sailed to Goa in search of spices. He found himself so enthralled by the beauty of the land that he built a palace and made it his home. As the years progressed, additional 'guest houses' were constructed around the main palace to accommodate the merchant's family and friends, consolidating the stately

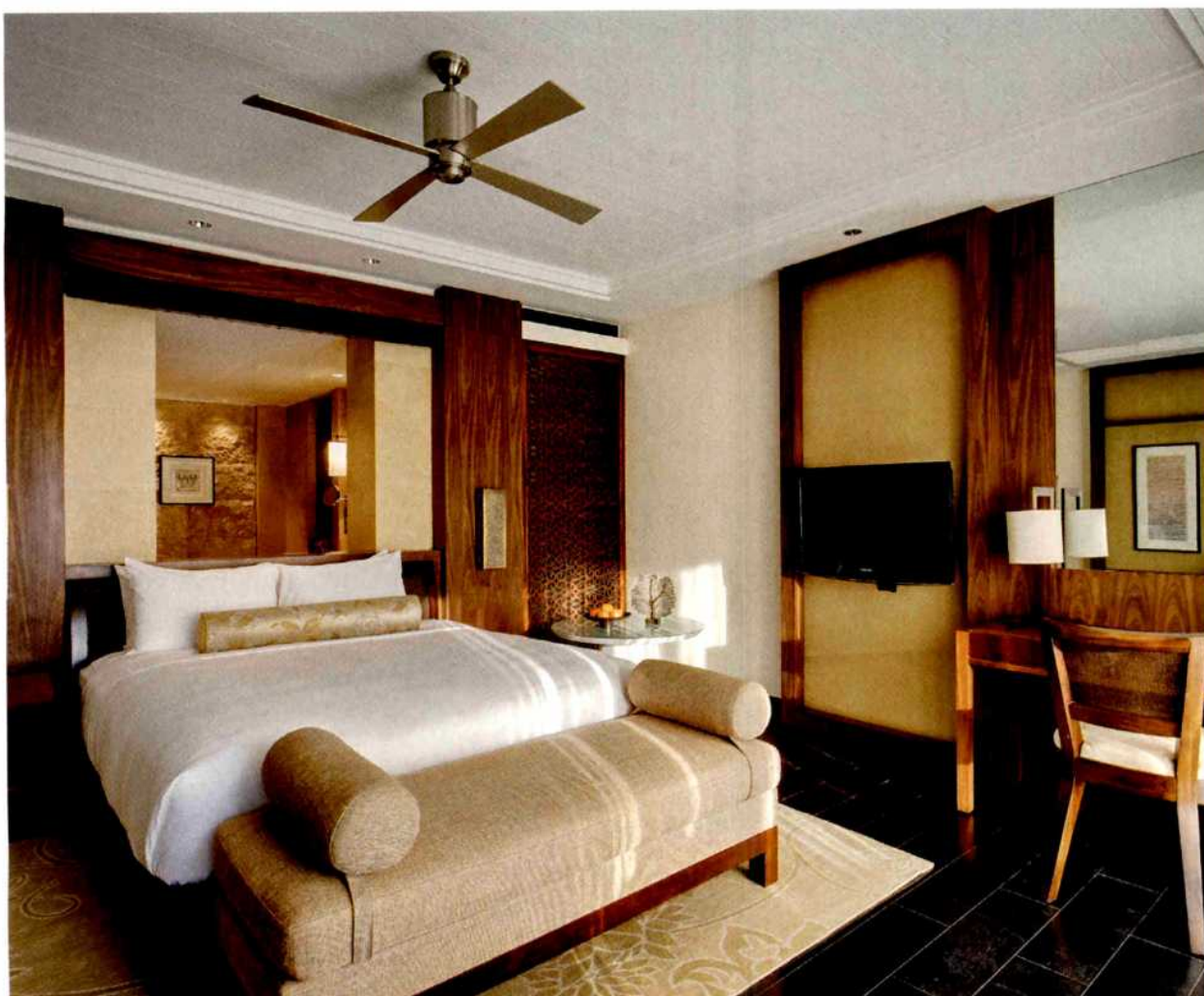
property across 28 acres of lush greenery along the beachfront of Bambolim Bay.

Ok, honestly, there was no Portuguese merchant, but the 'palace' does exist. It was completed last August after four years of construction. This fictional tale was spun to provide the architect of the Grand Hyatt, Goa, with a concept for the property. Walking along its meandering mud pathways, I'd say he under-

stood the brief perfectly. What hits you square in the face as you drive through the beautiful mahogany gates with creeping vines, are the imposing, stately structures that stand proud and strong. Currently comprising seven distinct 'guest houses' (management frowns on the use of the term 'blocks'), each building is true to the Portuguese fable. Yet, it is unique from its sisters with distinct elements to reflect the era it was supposedly completed in. Built in the local Indo-Portuguese style, the property is a collective maze of red-tiled sloping roofs, and a cream body of concrete punctuated by tall wooden window frames. At the entrance, is a circular porch displaying an iconic Madonna with child sculpture; a symbolic promise extended to nurture and protect guests as they cross over the threshold.

The interiors of the Grand Hyatt are taken from a neutral palette. The drapes, upholstery and wall elements are dressed in shades of beige, cream, and rust. A glass skylight forms a pyramid at the centre of the main palace and lends a greenhouse-like feel to the flowing water elements,





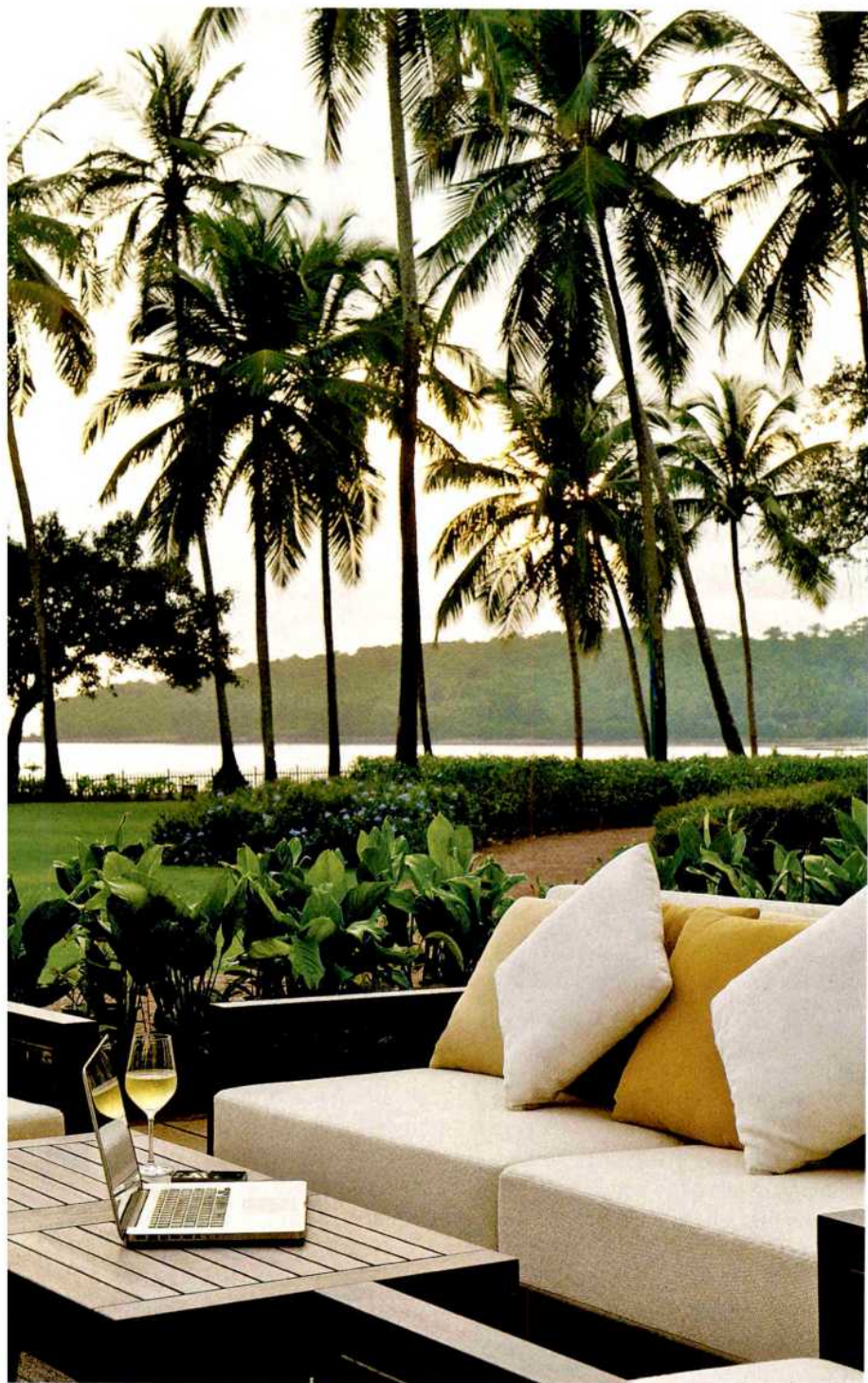
A skylight at the Main Palace (left); Shamana Spa (below); One of the Grand Room (above)



staircase and hallways within. The floors covered in handmade tiles add local flavour to each space. Another striking element scattered generously in and around the hotel's décor, is the use of Capiz shells found on the property's beachfront. Glimpses of these are seen in the ivory-coloured window blinds, and dangling from the ceiling as chandeliers or sweeping drapes reaching the floor. The main palace houses the restaurants, bar and banquet halls (the largest you'll find anywhere in Goa) while guest rooms are dispersed amongst the six remaining guest houses across the property. Currently, a total of 314 rooms and suites are functional, with more being built for later.

It isn't a large property. I managed to take all of it in within 24 hours,

albeit at a brisk pace. My room was small but sufficient, equipped with all the usual amenities and the added perk of a private balcony with a view of the gardens and the tranquil sea in the distance. I managed to catch sunset at the pool bar and grill, sipping on a passion fruit margarita exquisitely served in a swirl of orange ice. After working up my appetite I proceeded for dinner to Chulha, the Indian restaurant. Ranging from street food to Goan favourites, the menu is well stocked. A must-try here is the Goan fish curry which is nothing like anything you've tasted before. Also try their version of *Sev Puri* which accommodates flavours of the north Indian *Gol Gappa* into the signature Maharashtrian snack. The cooks selected by the chef are



Catch up on work while sipping a glass of wine at the Bay View Lounge

best at what they do and have been transported from around the country to this five-star kitchen. If you have any space once you're done, round off your meal with something from the Confeitaria below, which stocks the most darling cupcakes, tarts, meringues and colourful candy.

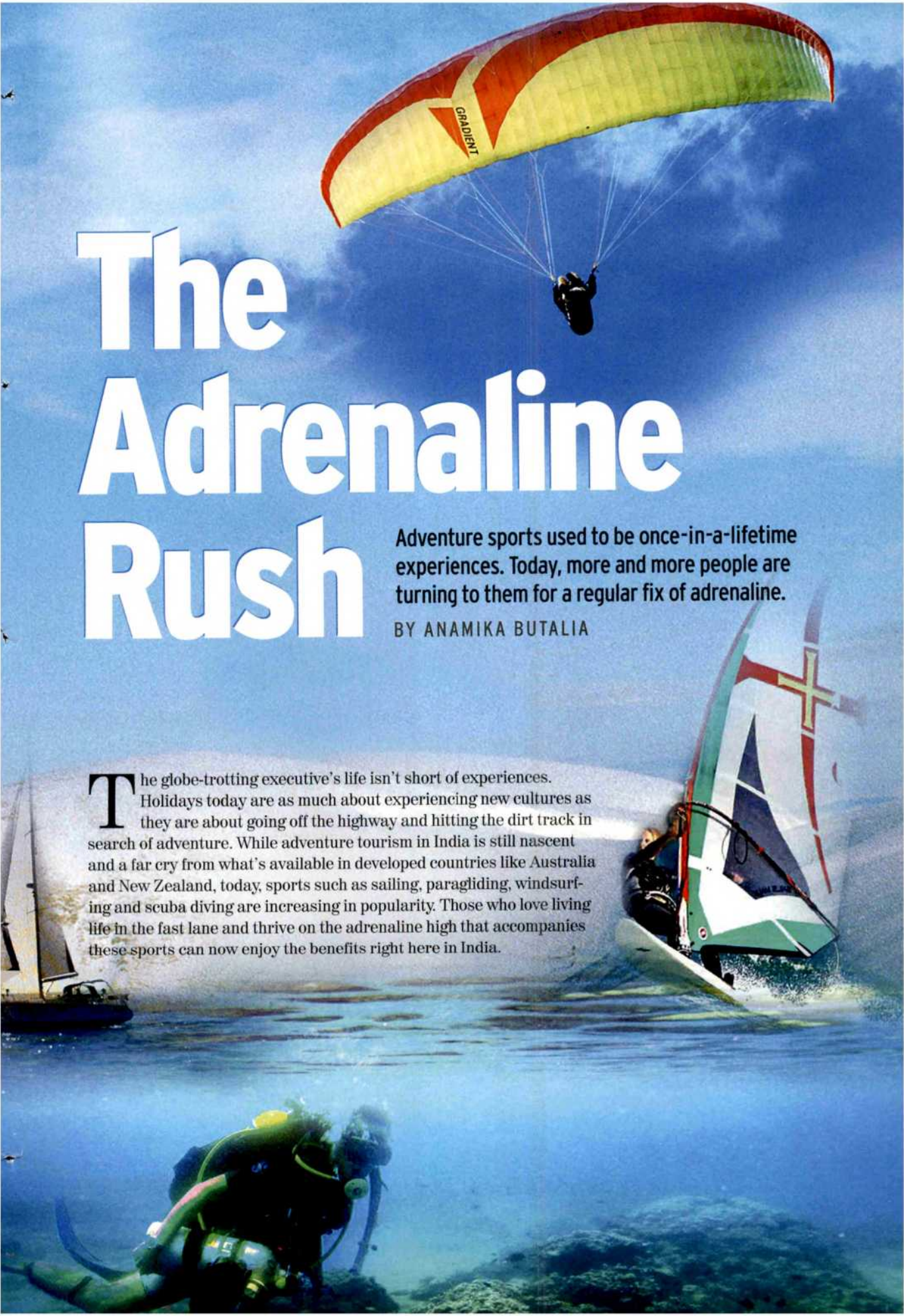
Reserve another meal for The Verandah. This restaurant opens only for dinner and dishes out superb seafood specialties, delivered fresh by the hotel's exclusive fisherman. Everything on the menu is seasonal. After years of experience, including a six-year stint at the Burj Al Arab, chef

Etienne Karner definitely knows his way around the kitchen. I got to watch and learn firsthand, as he whisked, fried and flambéd his way through the preparation of a fabulous four-course meal; adding his definitive flavour to the Middle Eastern and Asian menu. Alternatively, if you're in the mood for something hot off the grill or the wok, The Dining Room offers a delicious buffet. But to stir things up, pick up the pace at the Capiz Bar. Open late into the night, this is where you can shake off your slumber over music and drinks.

Be sure you set aside enough time for a leisurely swim in the outdoor pool at the heart of the hotel. Styled in a manner unlike most, the pool here stretches languorously in assymetric adjacent squares. Bordered along its irregular length by steps disappearing into the water, it resembles an ancient Roman bath, and creates a relaxed atmosphere for guests to acquaint themselves with one another.

There's no better way to start, or even end your day, than with a session at the Shamana spa. Housed within a standalone structure, the spa offers 19 private suites and a range of therapies. I would recommend the Balinese oil massage, which I received over 90 blissful minutes from my aptly-named masseuse Mercy. Everything about the spa reverberates with serenity; the music is maintained at the right volume, the interiors are warm and comforting, and the masseurs know their way around your muscles like the back of their own (silky smooth) hand.

The one thing that lingers even after you check-out, is the friendly, forthcoming nature of the staff. Right from the General Manager, down to the bellboy, they play the part of gracious hosts to the T. So the next time you're in Goa for a dose of sun and sand, check in at the Grand Hyatt to experience a slice of their fabled hospitality; five-star luxury and superb service with a smile. ■

A composite image featuring three different adventure sports. At the top, a paraglider with a yellow and red canopy is suspended in a clear blue sky. In the middle right, a sailboat with a white hull and a sail featuring a red cross is moving across the water, creating a white wake. At the bottom left, a scuba diver is visible underwater, surrounded by blue water and some rocky seabed.

The Adrenaline Rush

Adventure sports used to be once-in-a-lifetime experiences. Today, more and more people are turning to them for a regular fix of adrenaline.

BY ANAMIKA BUTALIA

The globe-trotting executive's life isn't short of experiences. Holidays today are as much about experiencing new cultures as they are about going off the highway and hitting the dirt track in search of adventure. While adventure tourism in India is still nascent and a far cry from what's available in developed countries like Australia and New Zealand, today, sports such as sailing, paragliding, windsurfing and scuba diving are increasing in popularity. Those who love living life in the fast lane and thrive on the adrenaline high that accompanies these sports can now enjoy the benefits right here in India.

Parasailing & Paragliding

Raul Rai, MD at FIL Capital Advisors (India) is an avid paraglider. "I've been going paragliding to Kamshet for over a year now and each flight is as enthralling as the next. The first time, I did it just to fulfil my philosophy to always be doing and trying things outside my comfort zone, which is my version of lifelong learning," says the 42-year-old. What piqued his interest and got him started was his father-in-law's passion for the sport. The 65-year-old started paragliding recently and does so more often than his son-in-law. "Besides providing an intoxicating mix of thrill, freedom, serenity and challenge, paragliding also keeps me engaged with people I don't meet in my everyday life," says Rai. Among them are a mother-daughter duo who swam across the English Channel. "It is the experience of soaring majestically in the sky that makes paragliding an awe-inspiring experience," says Sanjay Rao of Fly Nirvana, a company that operates a paragliding training centre.



Tandem flights cost between ₹2,500 and ₹7,000 for 10-30 minutes. A five day **basic course** starts at ₹12,000 and can be split over two weekends. **Kamshet** is a two to three hour drive from Mumbai or Pune, depending on traffic.

Costs upwards of ₹7500 for 10 sessions, plus four months of leisure windsurfing

Three instructors with worldwide experience

The season lasts **eight months** a year. At least **three lessons** are required to get the right technique

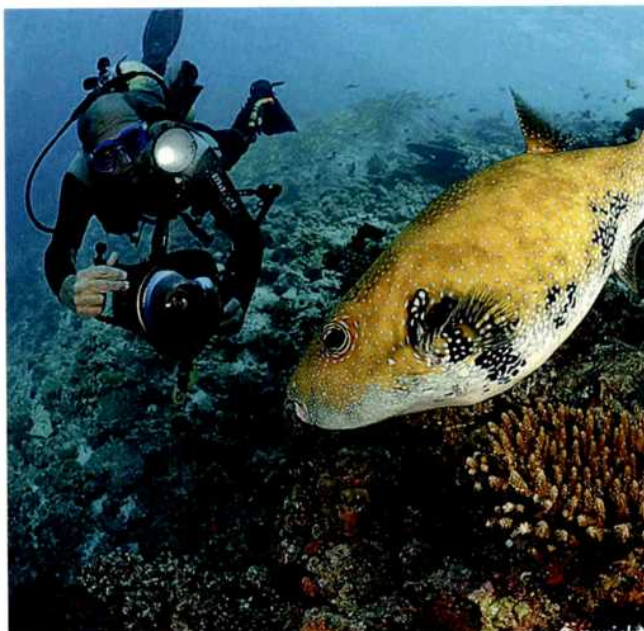


Windsurfing

Riyaz Gomes, the proprietor of animation studio Dimension-Z, spent too little time at sea. Gomes would go out rowing on his boat off and on, and on one such trip in 2010, it struck him that despite being surrounded by water, he was doing nothing out of the ordinary. "Windsurfing as an activity has a bit of a learning curve. It was this challenging trait that made me take it up," says the 35-year-old. Gomes hasn't missed surfing for a single weekend for over four months. In December 2010, Gomes bought his own equipment and enrolled at Rajiv Bhatia's Rae Sport at Girgaum Chowpatty for lessons. "The minimal wind and current in the sea around Mumbai makes it ideal for [beginners]," says Bhatia, the founder of Rae Sport. Though there are no certified courses, Bhatia gives out basic and intermediate training lessons to his students. Bhatia's passion for water sports was also the driving factor behind bringing the Ocean Race and Dragonboat Race to Mumbai for the first time. As many as 18 state teams participated in these races. The winners represented India in the Asian championships in Thailand this February.

Scuba Diving

Restaurateur Rahul Akerkar has more than a passion for food. The pioneer of fine dining in India loves taking time off to dive around the world. Akerkar is a certified diver and instructor and has logged over 1,300 dives since 1985 all over South-east Asia, the Caribbean, Sri Lanka, Florida, Italy, Maldives, the Andamans and the Middle East. "For me, it's like a Zen experience," says Akerkar of his time spent in the open water. The exhilaration, he says, is beyond anything he has experienced in his daily life. Scuba diving, unlike snorkeling, requires prior training. This is largely because scuba needs far more complex equipment. Also, divers go deeper facing more complex environments. Six years ago, Anees Adenwala founded Orca Dive Club. The club holds weekend training sessions in a custom diving pool in Khopoli, where students make four practice dives. They then take an online test and make four additional open water dives before they can earn a basic certification. The club conducts open water dive trips to the Maldives, Phuket, Lakshadweep or Andaman Islands. It also has an advanced training programme that requires five additional open water dives for a higher certification.



Basic course fees are upwards of ₹10,000 and include accommodation for a weekend in **Khopoli**
Online tests cost \$30 to register
 Costs for the **open-water dive trip** vary for each destination and airfare is additional.



Memberships start at ₹20,000

The **sailing season** lasts seven to eight months a year
 At least **eight sessions** are required for a minimal understanding of sailing theory and practice

Unlimited hours of boat hires for practice

Sailing

Tarun Anand, Managing Director for South Asia with Thomson Reuters, has lived in the world's biggest cities but Mumbai has always been home. "I travel to over 50 countries a year for work and leisure yet I'm truly happy to be in Mumbai and enjoy my weekend sailing routine." Anand enrolled himself with the Colaba Sailing Club, which is associated with the Royal Bombay Yacht Club (RBYC), in 2010. "RBYC memberships don't open too often so I picked the next best club and learned how to sail," says Anand. On Saturday and Sunday afternoons, the sailing clubs hold two-hour training sessions at the Gateway of India. Cyrus Heerjee, Honorary Sailing Secretary at the RBYC, says, "The club started in mid-1800 but only the recent boat shows have actually brought status to sailing as an activity".

The club has managed to sustain itself but the "lack of infrastructure, starting with the lack of a dedicated marina has left a void in its presence," says Bejon Madon, honorary training coordinator at RBYC. "The fact that sailing is not a spectator sport; rather a sailor's adventure and his alone is another reason why it took so long to take off," says Heerjee.

HEALTH SNIPPETS



A Germ Free Workspace

You spend a third of your adult life at work. That's reason enough to make the workplace healthier. Here's how.

The recent Matt Damon movie *Contagion* dealt with a virus that spread by touch and killed within days. Thankfully, not all viruses are as deadly, but a shocking 80 per cent of infectious diseases are spread by touch. Here are five tips to keep your workplace disease free and yourself a lot healthier.

Hand sanitisers are your first line of defence. They kill almost all germs you've contracted and inhibit the spread of viruses you might carry. Get one with less than 65 per cent alcohol to avoid drying your skin.

Sanitising wipes are a good idea to kill germs that reside on your desk. Use them to wipe palm rests, key-

boards, the mouse, CPU buttons, switches, the table top, etc.

While we're on the subject, your **keyboard** needs particular attention. Turn it over at least once a week to knock out food and dust particles that get trapped between keys, or better yet, use a mini vacuum cleaner.

Carrying **your own bottle** reduces the risk of contacting surfaces if you fill it from a distance. Even so, wash it regularly with soap to be safe. This practise also cuts down on wasteful paper cups.

Finally, store foods in **airtight containers**. Foodstuffs not only encourage bacterial growth, they also attract pests such as mice, which carry other disease risks.

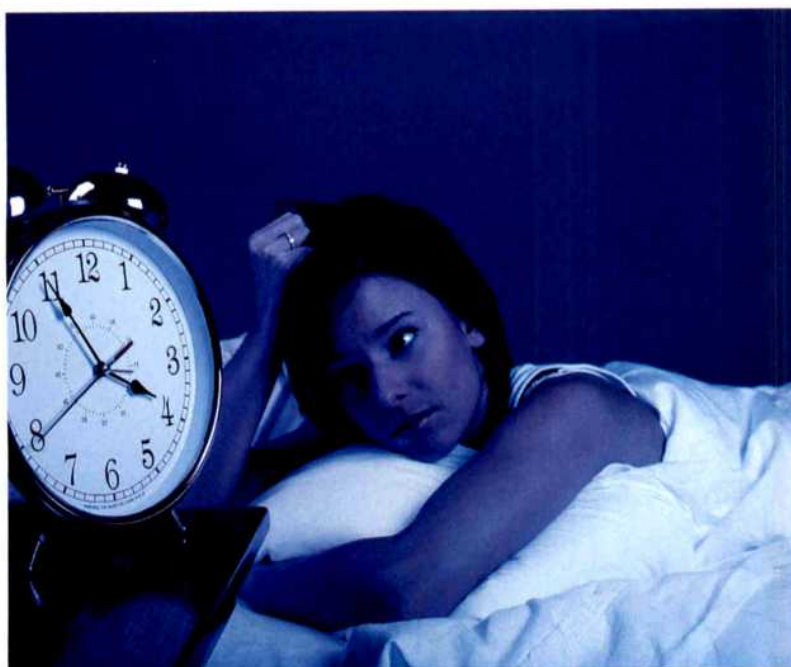
JUICE YOURSELF UP, NATURALLY

Fourteen hours into the day and you're still two hours away from closing your project.

Right about now, most people would reach for an energy drink to see themselves through the slog overs. But with all their artificial additives and sugar, are these really the safest way to stay alert for a short while longer?

Several companies have begun to offer all-natural energy drinks that cut out additives like taurine and artificial preservatives and sugars.

These use fruit and root extracts that naturally contain stimulants and vitamins. All the same, limit yourself to just one drink. Better yet, try some ice water with a dash of lemon.



Don't Lose Sleep Over Insomnia

Insomnia is much more common than you think. In one US study, nearly 60 percent of the people interviewed complained of poor or broken sleep at least once a week.

Insomnia isn't necessarily sleeping fewer hours. Many can do with just six hours of sleep a day. However, if you're waking up unrefreshed, feel drowsy during the day or can't fall asleep at night, it's time to consider some changes.

Start with your lifestyle. Insomnia frequently hits people who

don't sleep at regular times, stay up in bed working or watching TV, work late shifts or sleep with too much light or noise around them. If you fall in any of these categories, ease out of them out of your life.

Examine your diet too. Late coffees are a no-no, as is excessive alcohol or late, heavy dinners.

If diet and lifestyle changes don't help, visit a doctor. He or she can rule out other physiological factors and/or prescribe medicines to alleviate any underlying condition.

SNACKS UNDER 100 CALORIES

Yogurt With Sunflower Seeds

Stir a teaspoon of sunflower seeds into half a cup of fat-free yogurt. This combination is rich in essential fats and protein. A refreshing daytime snack.

Half a Baked Potato with Salsa

Bake a potato for an easy snack. Half a medium-sized potato contains 80 calories. Keep the skin for its nutrients. Add a tablespoon of salsa to spice it up.

Three Crackers With Cheese

The fibre from whole-grain crackers will keep you feeling full and the cheese, will be your source of protein and calcium. Split a single slice of low-fat cheese on three crackers and you have a delicious and healthy treat.

Baked Apple

Apples are one of the healthiest snacks around. Baked apples taste just like dessert but provide the same vitamins and fibre as their fresh counterparts.

Frozen Banana Pop

Insert popsicle sticks into bananas and coat them with low-fat plain yogurt. Put the pops in the freezer, and soon you'll have ready-to-eat low-calorie treats.



The Road Warrior's Med-kit

You're about to hit the road for a long trip. The last thing you want is to be ill while on tour. Here's what you should pack.

A first-aid kit

This should contain bandages, tweezers, scissors, antiseptic cream and a couple of palm-length splints to immobilise fractures.

Emergency medicine

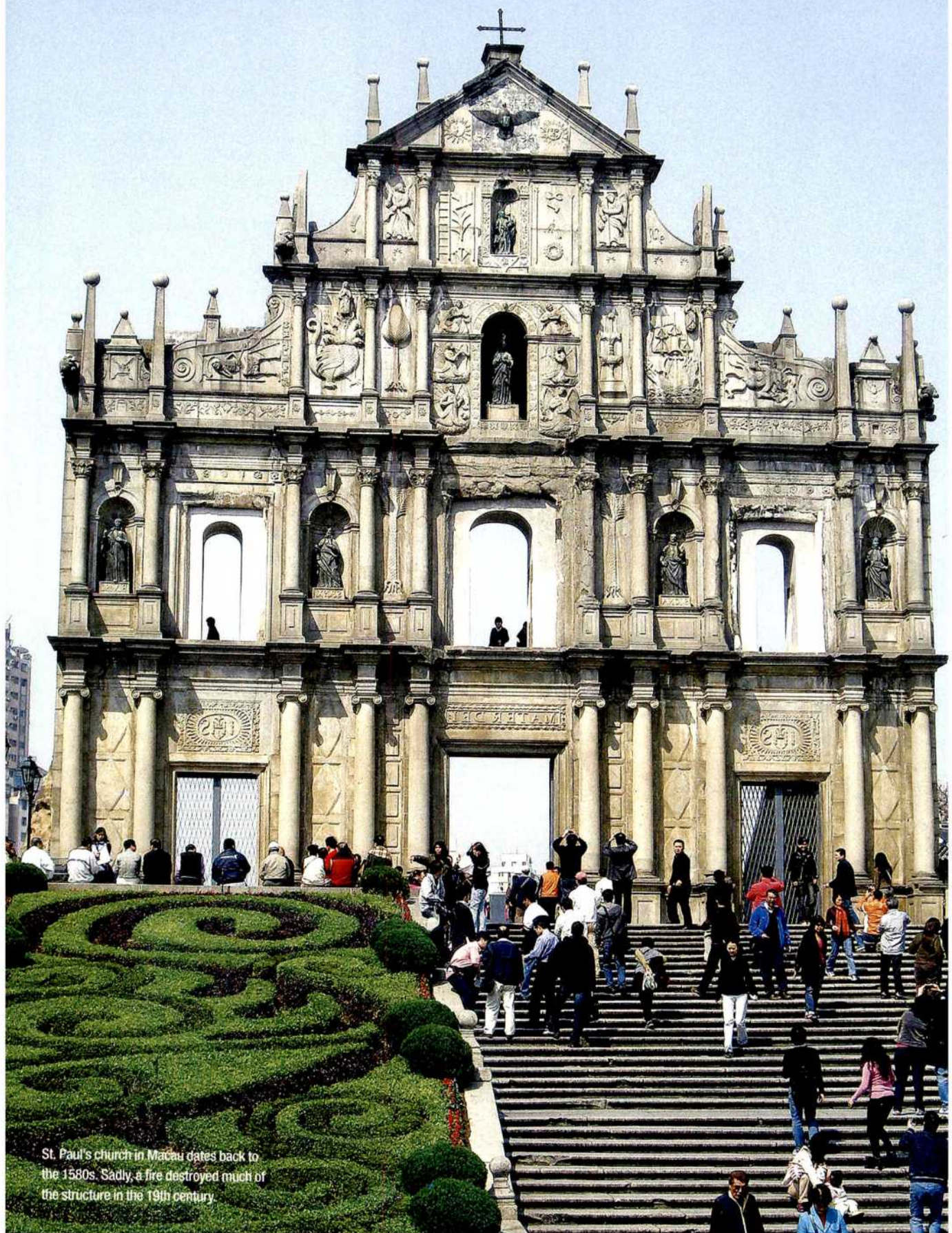
This should include tablets or pills for

colds, headaches, motion sickness, diarrhoea, vomiting, inflammation and any allergies.

Daily-to-day drugs

This includes drugs like insulin or blood pressure medicine, etc. that you've been prescribed.

Ask a doctor about any vaccines required for the region you're visiting. Travel-cum-medical insurance is also a sound investment.



St. Paul's church in Macau dates back to the 1580s. Sadly, a fire destroyed much of the structure in the 19th century.

The Great Eastern Gamble

Macau took a chance on an industry with a distinctly shady history but has come away with a big win. In fact, it is now the gambling capital of the world.

BY PIERRE MARIO FITTER

Let's be honest. There is no compelling reason to visit Macau unless you love to roll dice. It's like any other city in the modern Far East. You'll find tall buildings and neat streets. Someone even thoughtfully laid out beautifully-patterned cobblestone pavements all over the shopping district to add a bit of charm to the rampant consumerism.

Macau generates very little news - there are only two English newspapers - and it likes to keep things that way. It may well be the most boring place on the planet.

Except it isn't. You see 2.17 million tourists visited the city last year and the numbers continue to rise. These weren't transients. That's nearly half of what India got in tourist numbers in the same year. And it is especially astounding when you consider India's population is 2,400 times bigger than the population of Macau.

So why do they come? Well, the Macanese government has decided to profit from one of the seven deadly sins. There are lots and lots and lots... and lots of casinos. Thirty three of them, and counting, in a city that's 1/20th the size of Mumbai and a mecca for gamblers.

Now gambling isn't the only attraction. Macau's oth-

er great tourist magnet is Duty Free. The whole city, not just its airport, is a shopping paradise thanks to its 'free port' status. And it has all been laid out rather well.

Senado Square, the centre of the shopping district, is also the heart of any tourist's itinerary. UNESCO has classified the entire area as a World Heritage Site called the historic centre of Macau. In fact, for a tiny city, Macau has nearly as many UNESCO heritage sites as India. Around the square, you will not only find scores of shops but also Portuguese-style buildings that are all part of the UNESCO site. These include the Leal Senado or Loyal Senate building and several others that are as charming.

A short walk up the hill from Senado Square lie the ruins of St Paul's church dating back to the 1580s. This was carved and built under the direction of Jesuit missionaries by Japanese Christians who fled persecution in their own country. Sadly, a fire wiped out much of the church in 1835. The view from the top of the hill is absolutely spectacular. This alone is worth the walk.

Just across the road from the ruins is another must see site the Fortaleza do Monte. As its name suggests, this fort on the mountain, was the old military hub of the

Portuguese colonisers. These days it protects Macau's history and culture, having been converted into a museum in the year 1998.

A few minutes' drive away from the summit is Macau's oldest religious structure. Legend has it that the A Ma temple was built to honour Mazu, the local goddess of sailors and fishermen and is revered by locals. The legend originates from the real life story of a local Chinese woman who stood on the shore in bright red robes to guide boats heading home from a fishing or mercantile voyage.

Not far from here is the city's

MACAU HAS MORE
UNESCO WORD HERITAGE
SITES PER SQUARE MILE
THAN ANY OTHER CITY
ON EARTH

tallest structure, the 338-metre-high Macau Tower. Built by the nonagenarian Macanese billionaire Stanley Ho, the tower serves as a communications hub, an entertainment arcade, a shopping mall and a bungee platform all rolled into one.

While the Macau Tower isn't even among the world's top 20 tallest structures, the jump platform is the world's second highest. A trip to the top-and then off it-is definitely not for the faint of heart.

Stanley Ho's other *big* contribution to Macau is the gambling industry. For 40 years he held a monopoly license to the business. This was so lucrative that in 1998 his casinos contributed to 44.5 per cent of the government's tax revenues. As our guide joked, he is the unofficial 'father of Macau'. I say 'joked' because the sobriquet is also a pun on Ho's sizeable progeny ("17 that he'll admit to", our guide adds with a disconcertingly knowing wink).

In 2002, Ho's monopoly was broken. Vegas billionaires Steve Wynn



Senado Square's cobblestone streets charm shoppers (above); The dizzying Macau Tower (below)



Macau is the Casino capital of the world, with 33 of them in a space 1/20th the size of Mumbai

BT MORE RECOMMENDS

Getting There

No carrier operates direct flights to Macau. Fly to Hong Kong and get onto a ferry from the Sky Pier inside the airport itself. Ferries leave every 15-30 minutes and you don't need a visa to enter either Hong Kong or Macau

Where to Stay

Macau is packed with hotels. For five-star comfort try the Four Seasons, the MGM Macau, The Wynn Macau or the Venetian. There are several affordable options as well.

What to Do

Try your hand at the humble slot machine, or get poker faced against the best card sharks. Make time for Macau's many well-maintained UNESCO heritage sites or get your thrills by leaping off one of the world's tallest bungees.

Shopping

Senado Square is a popular destination for visitors and locals alike. Big brands as well as small stalls line virtually every street. Bargain heavily at the stalls.

and Sheldon Adelson secured one license each, with four others being awarded to other business houses.

The city's fortunes changed overnight. In just ten years gambling revenues have jumped from \$2 billion to \$33 billion. This is five times more than Las Vegas. Revenues are expected to double in just five years thanks to several new casino resorts that are about to open. All this puts so much money in the city's coffers that the government gives each citizen a \$450 cheque every year. No one complains about the gambling.

It helps that most visitors—Indians included—don't need a visa to get into Macau. Passports are stamped on arrival for free. Hotels operate their own ferry services to and from Hong Kong. There's one

every 15 minutes and the journey takes about an hour. In fact, if you book right, you can even catch a ferry straight from Hong Kong airport to the ferry terminals in Macau.

The Chinese government also plans on opening a bridge from Hong Kong to Macau by 2016, to facilitate travellers. This 50-km path should cut down travel time quite substantially.

Such high connectivity makes the journey convenient for anyone with a day to kill in the region. It also makes things especially convenient for Indians since there are no direct flights to Macau yet. This city may not have the glitz of Hong Kong or its business houses, but for cultural diversity and the promise of fabulous gambling fortunes, there is nothing like it. Anywhere. ■

BT More

GOURMET CENTRAL



Spread across a grand 7,000 square feet, Möbius is steeped in design and aesthetics

Fresh and Fluid

Möbius at Delhi's Samrat Hotel doesn't just please the palate. It offers much for the eyes as well. **BY ANUSHREE BASU-BHALLA**

The name Möbius evokes images of the curious shape of Möbius strip; a uni-dimensional representation of an infinite loop. A fitting name then, for a restaurant that never ends service. This bistro at Delhi's Hotel Samrat is the newest addition to the hotel's expanding repertoire of restaurants, bars and clubs. Split on two levels, the decor is urban chic with slick flourishes in the form of polished wooden beams that tower over the live island

bakery. Lime-green, moulded Eames chairs, and glossy table tops add vibrancy to the place but don't overstate the case.

Fresh bakes of the day are listed out on a blackboard—a concept borrowed from casual diners—but the menu goes well beyond the usual bistro. The kitchen at Möbius is led by chef Mayank Tiwari, who canvases an impressive culinary range from roast pumpkin construct and pork belly to grilled artichoke and plen-

ty of other satisfying vegetarian options. Möbius even welcomes kids with firm favourites such as waffles and fish-n-chips allotted place on the menu.

Our evening started with a crisp Argento Chardonnay 2009 that had a distinct woody flavour. The wine collection has been curated by sommelier Magandeep Singh. It came with a basket of buttery, fresh-from-the-oven pesto and walnut, and onion and olive breads.

Our salads were the ubiquitous Caesar and a zesty spiked seafood escabeche with rocket leaves. They are excellent companions. The next dish, a blood orange and smoked tomato broth, didn't impress. It was too sharp for the palate and went back half-eaten.

The main course restored the brighter notes. First up was a succulent, pink-in-the-middle pan seared duck breast. Following it was a crisp skin sea bass whose delicate flavours and soft flesh melted in the mouth.

For dessert, a double shot of espresso came with a delightful display of colourful indulgence in the form of chocolate walnut pizza, pecan pie, and a carrot cake with butterscotch sauce—a grand finale of culinary excess.

Unlike the Möbius strip, there is duality to the restaurant's character: Chef Mayank fuses European comfort food with contemporary style. For afterhours pot-meals, this is a good option.

BT MORE RECOMMENDS

🍷 Spiked seafood escabeche
🍷 Pan seared duck breast with curried orange cream and hazelnut mash
Meal for two ₹3,000 (including taxes); for reservations call ☎ (011)-24121841

High On Life

The Sky View Bar on top of Dubai's landmark hotel, Burj Al Arab, takes the classic English high tea a notch higher, quite literally. **BY R PALLAVI**

The Burj al Arab captured hearts and minds when it first opened in 1999. One reviewer declared it the world's first seven star hotel. This inaccurate moniker stuck over the years, generating great expectations from guests. The hotel has done its best to keep up. You sense this as you make your way through an atrium, large enough to fit in the Eiffel Tower; and then again as you zip up 200 metres over the Persian Gulf. This is the route to the Sky View Bar, which sits on a 'crossbeam', three quarters of the way up the Burj Al Arab's facade.

The afternoon 'tea' session begins, much to your surprise, with a server wheeling in bottles of bubbly. Choose between champagne cocktails like a mimosa and kir royale or the Louis Roederer brut. These are paired with a bowl of fresh berries, tucked in cream.

The drink whets your appetite for the goody-filled stand that's placed before you soon after. One level holds an assortment of finger sandwiches. The whole wheat bread packs in cream cheese, caramelised onions, smoked salmon and asparagus. These fillings aren't very innovative or unique but the flavours are fresh and delicious.

Another tier is dedicated to nutty shortbreads and fruit cakes. The icing-less cakes come in carrot and dry fruit flavours and are well baked with a rich aroma. To your delight, the shortbreads are creamy and don't crumble at all.

The subtle flavours explain the servings of strawberry jam, tangy passion fruit butter and Devonshire clotted cream. These are consistent in texture and strong in essence, and are paired best with the lemon stuffed scones. Unlike the usual dry texture, they are

glazed and extremely fresh.

The meal is washed down with rare teas. The black teas are available with infusions of strawberry, date, vanilla and rose and the white ones are mildly spiced. Skip the wellness teas and order the exotic East Asian imports instead. One contains jasmine pearls rolled by hand, another is the superior gyokuro that's harvested only once a year.

High tea at the Burj ends with hand-dipped chocolates in various flavours and some caramelised mignardises (basically, a bite-sized petit four).

Since the Burj is a 'reservations only' hotel, the afternoon tea is the most affordable, yet exclusive, way to experience the much talked about property and also enjoy fantastic views of the city from the comfort of your chair.

BT MORE RECOMMENDS

Homemade lemon scone with tangy passion fruit butter

Meal for one AED 425 (AED 150 for an extra glass of Champagne); for reservations ☎ +97-14-3017600



Panoramic views make up for the gaudy green and blue interiors.

BT More

TRACK & WIELD



ASUS EEE PAD TRANSFORMER PRIME

Best of both worlds comes into perspective as you take a first look at the Asus Transformer Prime—the most anticipated product this year—as it combines traditional desktop computing with on-the-move tablet lifestyle. This comes with promises of longer-than-ever runtime and blazing performance with Tegra 3 system chip, super IPS+ gorilla glass display, eight megapixel rear camera, all wrapped in a featherlight package body of just 0.33 inches thick: skinnier than the iPad 2 or Galaxy Tab 10.1.

Now that's drool-worthy. Price: ₹49,999

JABRA EXTREME 2

A worthy successor of Jabra Extreme, the Extreme 2 is what they call good-things-in-small-packages. Its noise blackout™ 3.0 dual microphone and HD voice technology mean that crystal-clear conversations are one of its prominent features. The Extreme 2 streams A2DP content, so you can use it to listen to audio-books, GPS directions, music, podcasts, or other audio on your cell phone. Jabra claims you'll get up to 5.5 hours of talk time and up to 10.5 days of standby time.

Price: ₹23,000



OVS SPRING/SUMMER 2012

Protect your head on hot days with this OVS woven straw trilby hat. Detailed with a striking and multi-hued band, the elegant shape will update your mid-summer looks with a gentlemanly presence. Team it with a linen shirt and brown loafers for an ensemble that'll work everywhere from a work party to a stroll through the city.

Price: On Request



CRUISER PEARL PEN

That the pen is mightier than the sword will always hold true for collectors. And when it comes to limited edition writing instruments, in today's competitive writing instruments market, the sky is the limit. Consider this gorgeous pearl pen by Cruiser, featuring a body made of luminous white pearl shell from the South Seas. The rhodium-plated fountain nib and clip come with a delicate but intricate engraving. **Price: ₹38,000**



CANALI SPRING/SUMMER 2012

Keep your off-duty looks distinguished with Canali's fringed suede loafers. The brand is in a league of its own when it comes to luxurious yet practical footwear, and this understated style is a prime example. Wear it over the weekend with a cashmere sweater and chinos to create an outfit that works from the morning coffee run to dinner with friends. **Price: On request**



PORTRONICS POR 315 PICO PROJECTOR

Carrying the world in your pocket each day becomes a breeze with American Tourister's new range of small and large office bags with wheels: Forceplus. Being extremely light weight and easy to manoeuvre, they are meant for both meeting-hopping within the city and airport hopping around the world. Its practical and to the point features of laptop safety features, organiser, smart sleeve, and a detachable shuttle are add on. **Price: ₹23,000**

ZIPPO SATIN CHROME LIGHTER

Add some colour and character to your next puff with Zippo's latest satin chrome windproof lighter. The 80 year old American brand has come up with this limited edition quirky collectible. **Price: ₹2080**



BURBERRY PRORSUM SPRING/SUMMER 2012

In a fresh shade of mahogany and beige, this leather holdall bag from Burberry Prorsum's Spring Summer 2012 collection gives busy days around town fresh energy. Crafted from thick full grain leather, this bag is built for lasting style and has a rugged finish that balances its bright colours. **Price: On Request**



POLICE TO BE MEN'S FRAGRANCE

Italian fashion house, Police, takes forward its gothic heritage with this latest fragrance, To Be. The bottle's design features the Police lietmotif, the skull. The perfume's notes begin in apple-tree flowers, which then bursts into a seductive and cozy base of cedarwood, patchouli, and white amber. **Price: ₹2,400 for 125ml**

UPGRADE

JAGUAR XK SERIES

The 2012 Geneva Motor Show featured a pair of special edition models of the Jaguar XK and XKR that come with some pretty eye-catching exterior and interior details. Dramatic and purposeful, yet sensuous as only a Jaguar can be, the latest models pack in great power with the supercharged V-8 engine and back it up with fantastic handling. **Price: \$130,000 (₹67.3 lakh)**



CANON EOS 5D MARK III

Shoot in the dark. That's essentially what you can do with the latest Canon 5D Mark III that comes with a top sensitivity of ISO 102,400. Picking up from the last smashing success of the Mark II, its successor comes with a 22.3-megapixel sensor, 1.04M-dot 3.2-inch LCD, improved autofocus and high-performance video capabilities, Canon's latest full-frame DSLR, the EOS 5D MARK III, is an entirely different beast, and very compelling at that.

Price: \$3,499 (₹1.81 lakh)



TAG HEUER CARRERA HERITAGE CALIBRE 16 CHRONOGRAPH

The Carrera Heritage Calibre 16 chronograph is the perfect expression of TAG Heuer's 150 years watchmaking heritage. The dial is a work of art with its stunning 'flinque' texture and is further enhanced by the spiral effect on the seconds counter, and the polished hands and numerals. The watch is a stunning extension of the Carrera collection, first launched in 1964. Price: ₹2,19,000

CHROME HEART PRESCRIPTION FRAME

Update your eyewear collection with Chrome Heart's horn-rimmed glasses with sterling silver and an embellished acetate body. If statement and over-the-top pieces suit your sartorial sensibilities then fit this frame with your personal prescription lenses for an instant hit of retro-inspired cool. Price: ₹44,000



NO BULL JUST WINE



SOURISH BHATTACHARYYA
Executive Editor, Mail Today

Surprises from the Bush

An Australian Shiraz with nihari gosht? You'll bless the marriage once you experience the two do the tango on your palate



THE OTHER evening I was at yet another Delhi Wine Club dinner in the Capital's newest fine-dining destination, On The Waterfront, at the Aman. It was such a full house that the buzz almost drowned the music.

The food we dug into was Indian — a mix of new-age kebabs and traditional curries — paired with the most unusually named wine I have drunk in a long time. It was called Two in the Bush. I can tell you it was clearly better than 'A Bird in Hand'; which incidentally is the more evolved label from the South Australian winery Adelaide Hills.

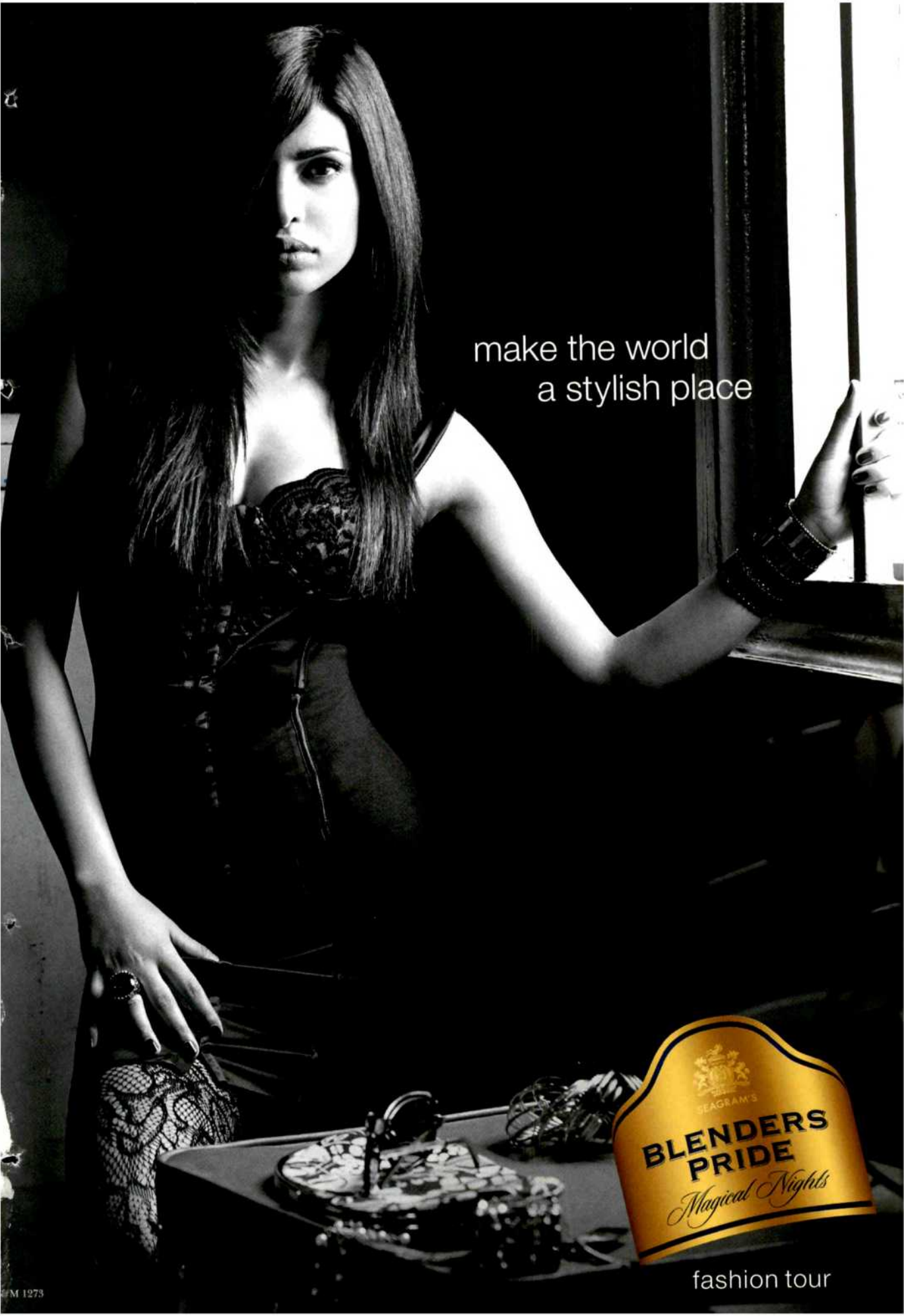
My interest in unusual wine names was first piqued by the popular South African label Goats Do Roam. This was a clear dig at both the Cotes du Rhone and the way the French take their wine so seriously. For the rest of the world, wine is liquid nourishment for happy souls, not a provocation to produce a doctoral dissertation.

When Goats Do Roam was launched in the United States, the French were livid. But the controversy it triggered ensured yards of publicity for the South African brand, and the labels got funnier. Take for example, the

Goatfather; a work of genius!

Two in the Bush has less tongue-in-cheek origins. It takes its name from a gold mine (as does Bird in Hand and the eldest sibling of the trio, Nest Egg). Adelaide Hills was gold prospecting territory in the 1800s. It saw hopes soar only to get buried in despair once the mines ran out. The names however have been granted immortality by Andrew Nugent, founder of the winery.

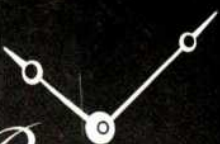
Still, the label comes with a story and the wine leaves behind memorable flavours on the palate. I was amazed by the ease with which it got along with the food. The Semillon Sauvignon Blanc was the perfect match for the delectable rendition of the traditional gobi ke phool on the menu. The slivers of cauliflower florets were lightly fried in a quilt of white flour batter. The Pinot Noir paired seamlessly with the fish coated in a patrani machchi marinade and then crumb fried. But the star of the show was the Shiraz — peppery with a lightly sweet aftertaste, a brilliant balance of soft tannins and fruit, it did a tango on the palate with the nihari gosht. I'd always believed you can't match any wine with this spicy, greasy dish. The Two in the Bush Shiraz put that theory to rest.



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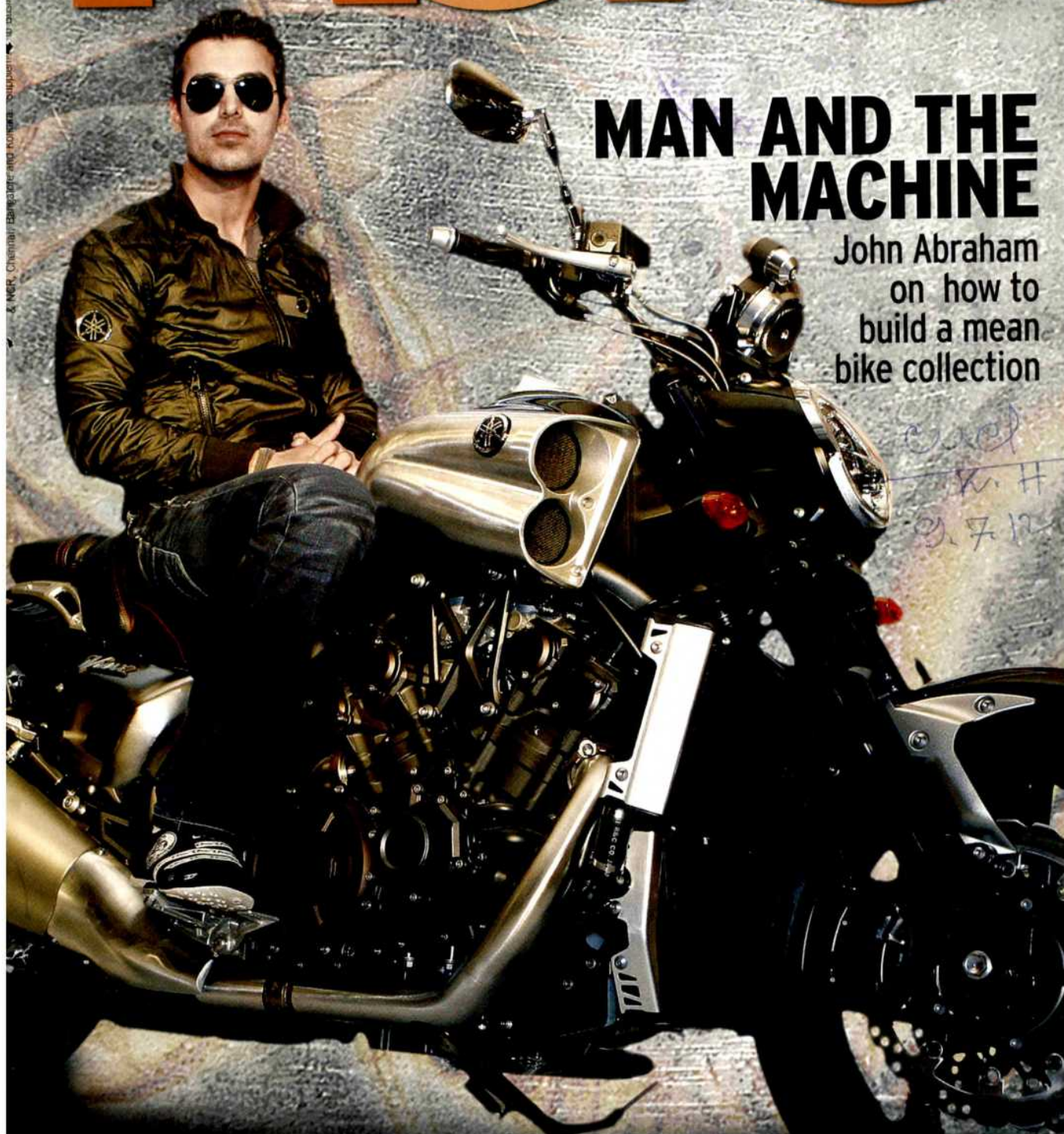
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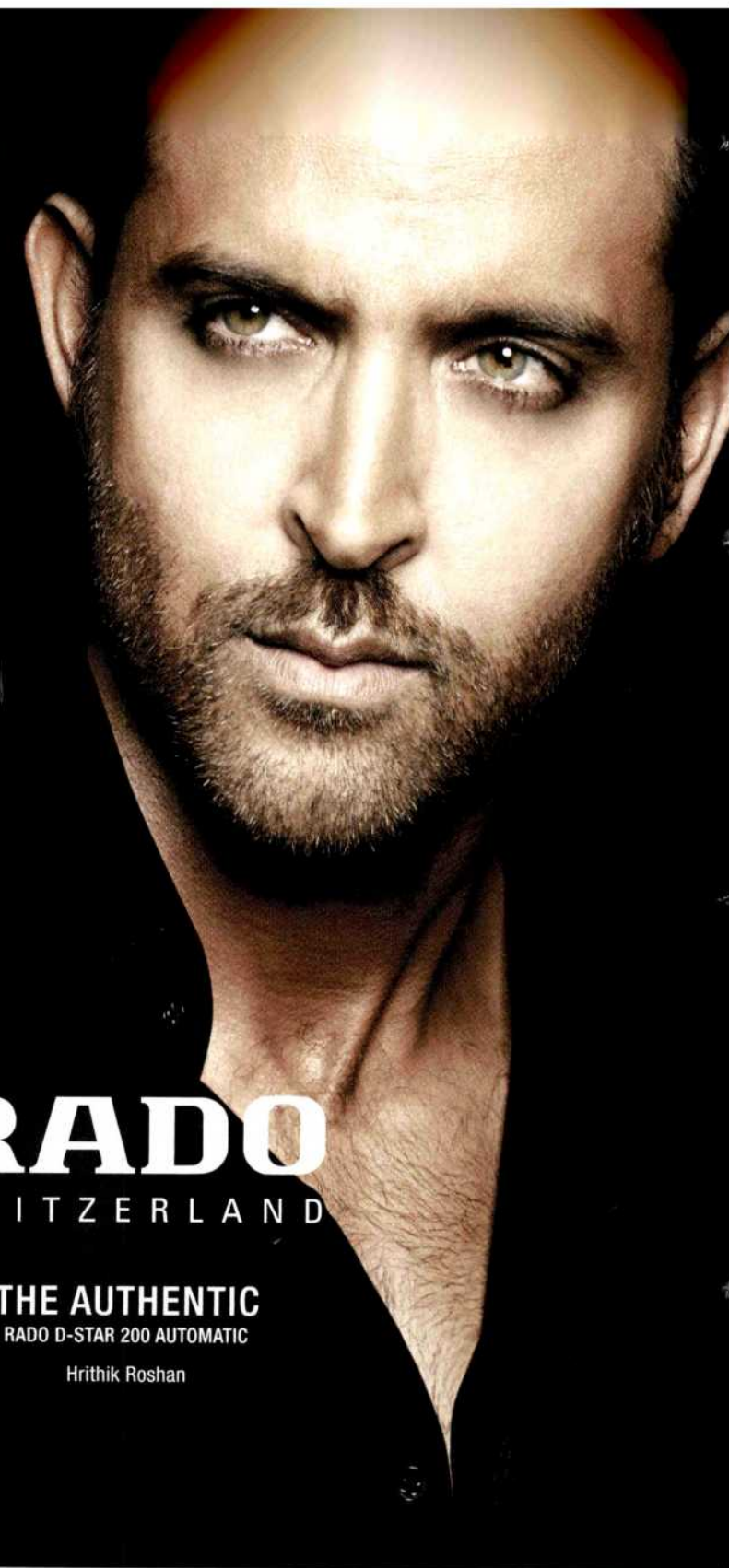
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MAN AND THE MACHINE

John Abraham
on how to
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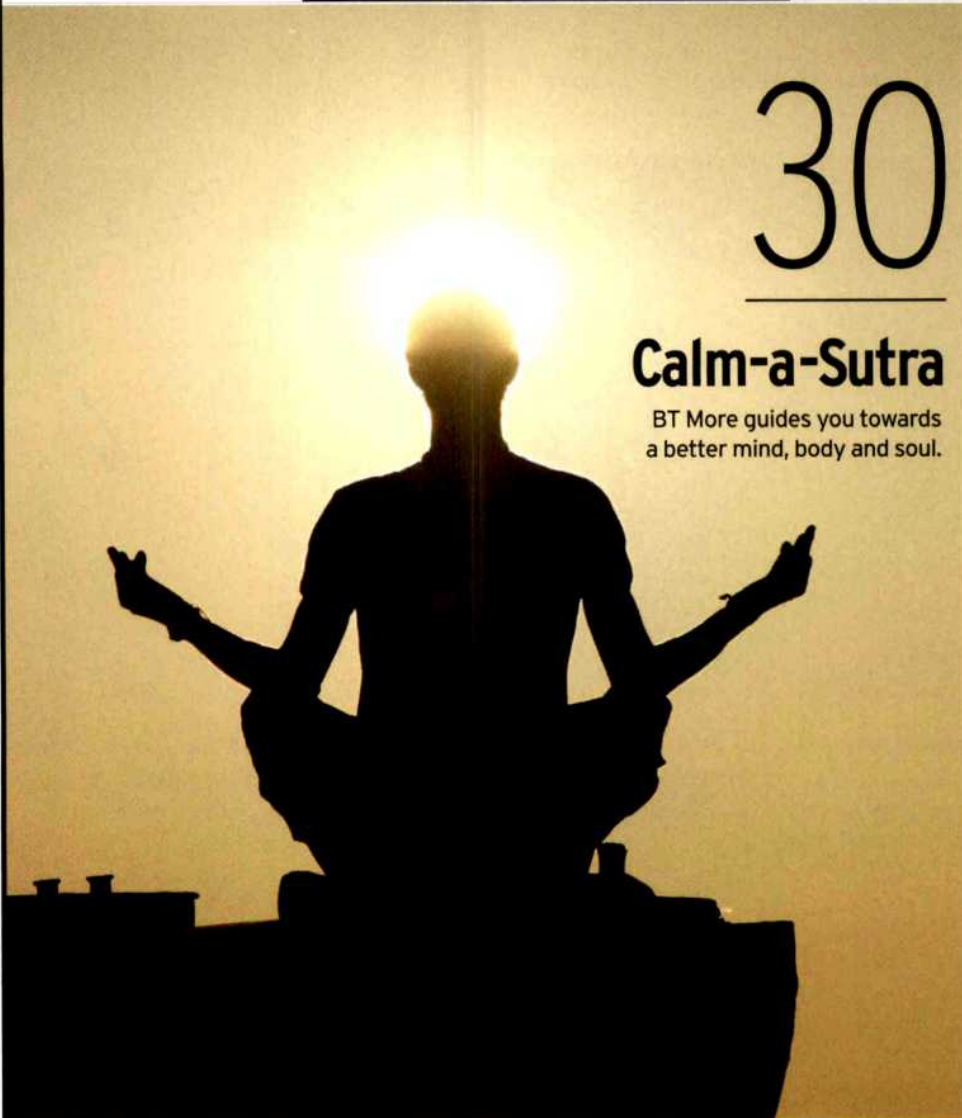
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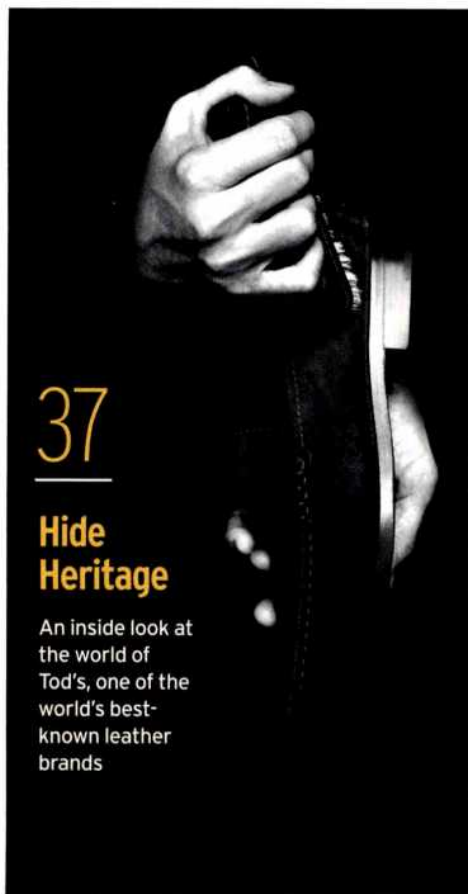
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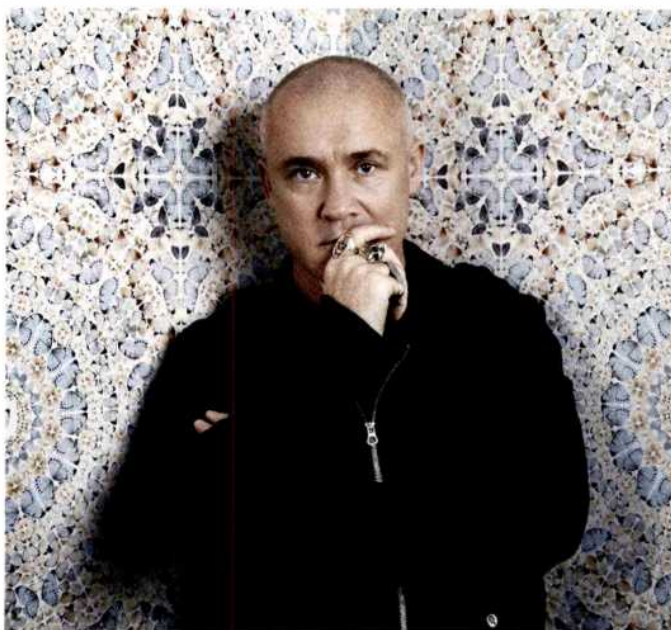


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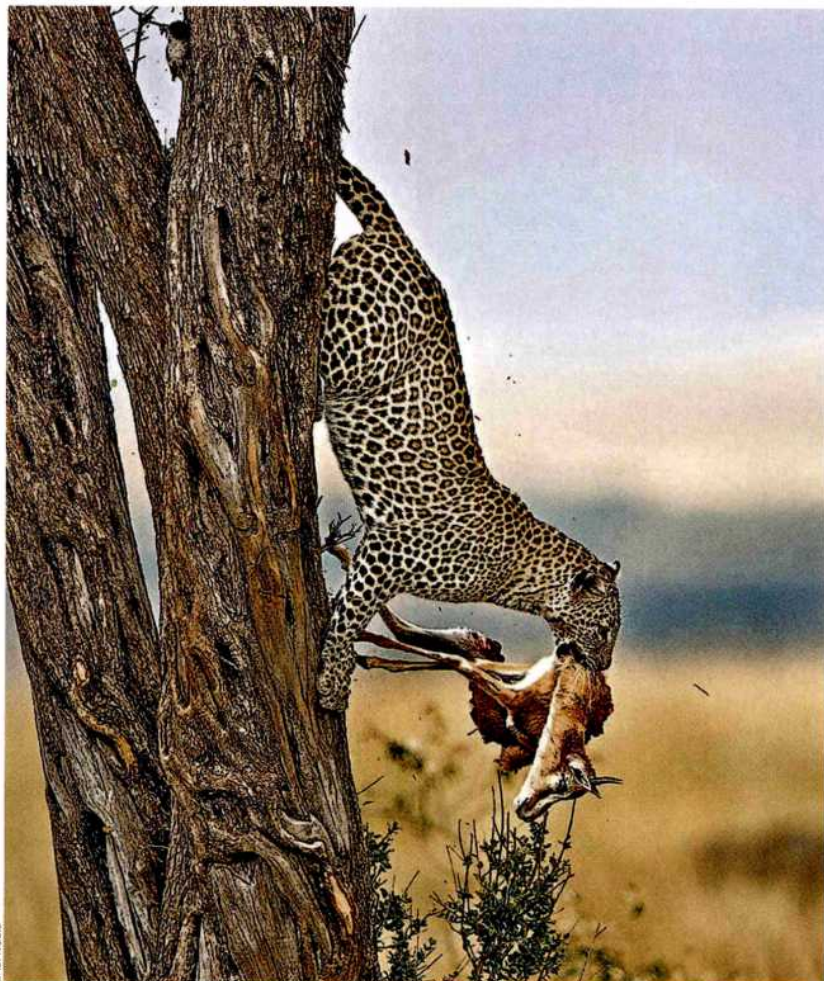


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Wildlife Photography

Photographer Babi Nobis and his wife and author Tina Nobis share top tips on the art

PATIENCE PAYS

Good wildlife photography needs one to know the subject thoroughly. Unless you understand an animal well enough to predict how it will behave, you may not get the perfect shot. One needs to read widely and then spend a lot of time in the habitat of the subject.

INVEST IN A GOOD TELEPHOTO LENS

It is often difficult and even unsafe to get too close to wild animals, especially

big game and elusive small ones. Hence, a long lens (300mm onwards) can do the job for you. The most useful lenses are between 400-600mm and a fast telephoto would work best outdoors. These are undeniably expensive but the investment is worth every penny. Personally, we prefer working with at least two-three camera bodies fitted with different long lenses at any given time, to avoid interchanging lenses in dusty environments in the wild.

LOWDOWN ON LIGHTING

Photography, at its core, is just painting with light—creating moods and environments through various forms of light. Hence, there's no such thing as good or bad light in the outdoors—just the way you use it and how you adjust your shutter speed and aperture accordingly. While shooting at night, you need to get the balance right in order to employ the best of both worlds—think, a slow shutter speed and a higher ISO (800 onwards). In wildlife photography, available light is all you have, and you have no control over it, especially if the light, reflecting off a subject, keeps changing as the animal moves from shadow to light.

BRING IN THE BACKGROUND

The background is very essential in a composition. It tells the story and gives a perspective to the subject. It can be kept out of focus not to be distracting the subject, yet with enough detail to provide context.

MAKE USE OF YOUR DIGITAL MEMORY

The advantage of working with a digital camera is that memory comes cheap. While capturing that 'one' image is priceless, shooting in continuous mode helps you get the shot you want without seeing it through the viewfinder.

TELL YOUR STORY

A good picture is as good as thousand words. All of us have heard that. Practice with your equipment so it is an extension of yourself. You can then react immediately and be technically correct when there is a sudden 'Eureka' moment in the wild.

The writer duo has recently co-authored the book *On Safari: The Tiger and the Baobab Tree*, which showcases their finest wildlife photography in India and Africa.



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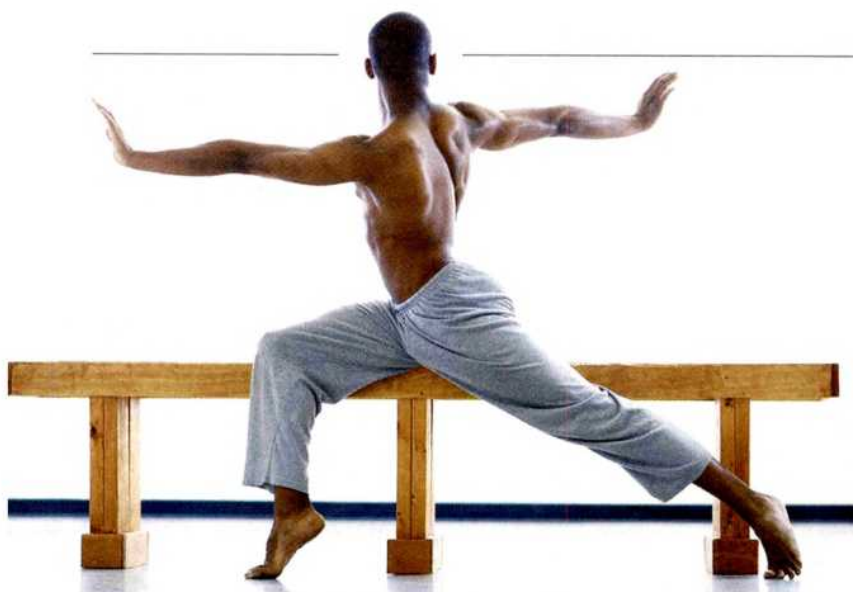
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STRETCH FOR STRENGTH

Leading holistic health guru, Mickey Mehta shares the four most important stretching exercises that one must incorporate in a daily-workout.

Hamstring and Back Stretch From a seated position stretch the legs as far apart as possible. Hold one of the ankles with both hands, bend the upper body towards the held foot. Hold for 30 seconds while taking deep breaths. Repeat with the other leg. This position is a good warm-up exercise for leg muscles.

Thigh Stretch In a prone position, reach back with both hands and clasp the ankles. Slowly lift the legs up and off the ground forming a cradle position. Hold this position for 12 seconds. Relax and repeat. This

strengthens the thigh muscles and improves digestion.

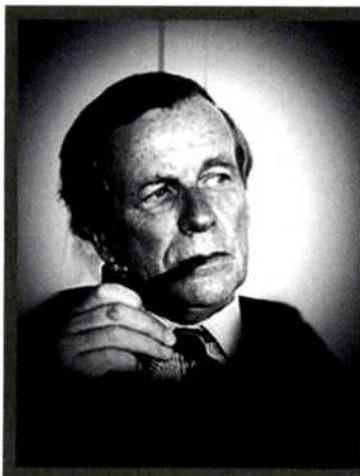
Lower Back Stretch Lie on your back. Hold each leg below the knee, pull both knees up slowly towards the chest and hold for 30 seconds. Stretches the abdominal muscles, improves blood circulation, removes acidity and flatulence and strengthens the spine.

Standing Straight or *tadasana*. Keep one foot distance between the feet. Interlock the fingers, breathe in and stretch up on your toes with hands stretched above the head. Breathe normal, hold the pose for 30 seconds. Exhale and come back to start position. Do five rounds of this pose. This helps in stretching the arms, spine calf muscles and legs.

HAND-TOSS A PIZZA

Dough tossing isn't just cool to watch, it's actually the gentlest way to form a crust. **Chef de cuisine, Alessandro Sandrolini of La Piazza, Hyatt Regency, New Delhi** tells you how to do it.

- Dough should be room temperature and shaped into a ball. Dust with flour.
- Press out the dough with your hands to form a disc about 25cm across and 1.30cm thick.
- Pick up the dough and drape it over your hands. One hand should be palm up, the other in a fist.
- Use the hand with the palm up to lift and spin the dough into the air. You don't have to toss it too high, just enough to get a rotation in.
- Catch the dough on the back of your fists, which provide a flatter and more firm area than your palms and fingers would. Repeat until the dough stretches to the desired size.



SOUNDS LIKE YOU KNOW ABOUT DAVID OGILVY

British-born David Ogilvy was one of the original, and greatest, ad men who is famously quoted to have said: "The consumer is not a moron; she's your wife. Don't insult her intelligence. You wouldn't lie to your wife; don't lie to mine."

After having worked as a chef and a farmer, Ogilvy went on to become an advertising professional. He eventually changed the business of advertising that was then primarily based on

outrageous claims and outright lies.

In 1948, he started what would soon be known as Ogilvy & Mather, the American advertising agency that has since been responsible for some of the world's most iconic ad campaigns.

In 1963 he authored the best-selling book *Confessions of an Advertising Man* that is still considered essential reading for those who enter the industry.

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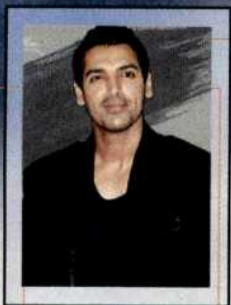
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COLLECTOR'S CUT



JOHN ABRAHAM
Actor and Producer



Hot Wheels

His unfaltering love of bikes is no secret. Bollywood's resident hunk tells you how to build and take care of your own collection.

My love story with a motorcycle began when I was six years old. My uncle had a Royal Enfield (I still remember the number, MAQ 6). When I heard the sound of the motorcycle for the first time, I instantly fell in love with it. At 18, I earned my first motorcycle, Yamaha RE 350, which I bought for ₹17,500. I remember being over the moon! Since then many bikes have come my way—from a Royal Enfield to a Machismo—and each has a special place in my life. The first time I dreamed of buying a superbike was when I started doing well in modeling. It was the Kawasaki Ninja

ZX11 D2 and I still believe that bike is the queen of all superbikes. Another great bike is the powerful Suzuki Hayabusa, which was used in my film *Dhoom*. Next was the Kawasaki Ninja ZX 12 R, which according to me, is the wildest black stallion I have ever ridden. Suzuki GSX1000 RR and a Yamaha VMAX 1700cc are the beautiful beasts currently resting in my garage.

Although I don't have the time to ride a motorcycle now, I still need these monsters around me to keep me going. These days people invest in superbikes on a whim but keeping emotions aside

when it comes to investing in a high end model is important. You need to know your machine and with bikes unless you get your hands dirty, it isn't worth it. Figure out why you want a certain beast; whether it's for country cruising or thrill of speed. Depending on what you will use it most for, choose a machine that works.

These beauties are high-maintenance so you need to treat them extremely well. Superbikes are a rare breed in India and you would need to zero in on a good mechanic worth his tools. Also, with immense power comes huge responsibility, so safety is supreme. Always wear a helmet and drive within the speed limits in the city. With these basic tips in mind, enjoy the ride of a lifetime.

John Abraham is ambassador for Castrol Power1 The Grand Indian Roadtrip



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Grey Goose shines at IIFA Rocks.



Nargis Fakhri
The Diva, the Showstopper



Vivek Oberoi
The Showstopper



Grey Goose Spice - Mumbai



Grey Goose Fiesta Espanola - Madrid



Grey Goose Amour - Paris



Grey Goose Lavender Bliss - Tokyo

Varun Bahl's collection inspired
by Grey Goose cocktails

PROMOTION

Grey Goose presented IIFA Rocks, an evening that turned out to be a starry spectacle at the Videocon A weekend at Singapore. Dedicated to celebrating excellence in Indian cinema, the occasion saw the best stars up their style quotient. The spectacular evening of high fashion and glamour showcased creations of eminent designers like Masaba & Suneet Verma, and was brilliantly lit up by national and international musical performances. IIFA Rocks was made memorable with an unforgettable ensemble by the famed designer Varun Bahl. The dash of glitter and unprecedented craftsmanship in his work was fired by Grey Goose cocktails which capture the essence of four cities of Paris, Madrid, Tokyo and Mumbai. A perfect amalgamation of quintessential luxury and exceptional talent. What left the audience in raptures of applause were particularly the fine cut patterns, vivid colours and flowing drapes. All, the extravagant display made for a brilliant partnership with high class fashion and cinema.

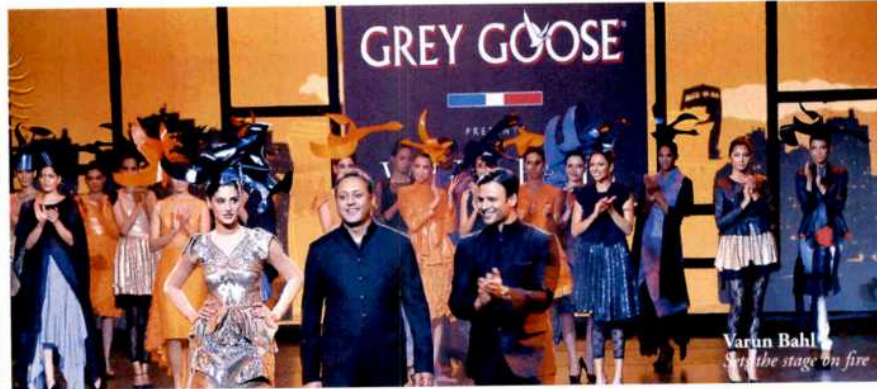
While actors Nargis Fakhri and Vivek Oberoi wowed the crowd as the showstoppers, the much coveted Grey Goose Icon De Chic Award was handed out to the most stylish celebrities on the green carpet like Bipasha Basu, Nargis Fakhri, Neha Dhupia and the dashing Prateik Babbar. The party lasted all weekend and Grey Goose had the A-listers of Bollywood grooving in high spirits. When the stars raised a toast to 100 years of Indian Cinema, the Starstruck Goose Cocktail came as a perfect toast to applaud the very best of Bollywood.



Kalki and Samaira Reddy
And the party keeps getting hotter



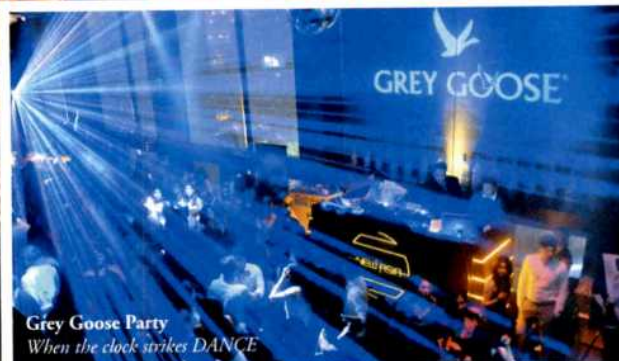
Grey Goose Icon De Chic Award goes to Bipasha Basu



Varun Bahl
Sets the stage on fire



Ranbir Kapoor
The original rockstar



Grey Goose Party
When the clock strikes DANCE



Shahid Kapoor-Priyanka Chopra
The smile says it all



Starstruck Goose cocktail
The biggest cheer

GREY GOOSE



Noma In London

The world's best restaurant migrates to Britain for ten days during the Olympic Games.

From July 28 to August 6, the Claridges hotel in London will play host to a pop-up version of the Danish eatery famed as the best in the world. Travelling all the way from Copenhagen, Chef René Redzepi's restaurant Noma will be making an appearance in the British capital for all of ten days, to mark the forthcoming Olympic Games.

Credited as the crowning glory of Scandinavian cuisine, Noma has been applauded in the culinary world for pioneering the foraging movement in which chefs use hyper-local ingredients like wild herbs and plants. The menu at this pop-up version will comprise signature dishes from its original menu, with the added challenge of substituting Scandinavian ingredients with local



and seasonal British alternatives.

A Taste Of Noma At Claridges as it is to be called, will be housed within the ballroom at the Claridges, overseen and run by chef Redzepi himself, who will be present and accompanied by a contingent of staff from the original restaurant. Together, they will dish out a special five-course menu for diners dur-

ing lunch and dinner. But snagging a spot at this most coveted and exclusive eat-in is close to impossible. A single reservation is priced at £195, and a whopping 10,000 people pre-registered for the event. 3,400 places were instantly snapped up in the first 2.5 hours, while hundreds of hopefuls continue to vie for the remaining few.



Swirl Your Glass

We know that a good wine relies on a number of factors. The grape, the soil, the climate and even the cask in which it's aged. Well here's a first. French luxury crystal glassmaker Baccarat claims it will forever revolutionise wine drinking with the launch of their latest glass design. The design for the glass is inspired by that of a tulip, with a wide flat base and a rising vertical chimney. The strategic design will prevent the alcohol in the

wine from overpowering the aroma when the glass is swirled. The broad swirling movement allowed by the usual wine-glass oxidises the wine while burning its delicate aromas. However, the narrow mouth of the new glass traps and retains the subtlety in the vintages, revealing the true personality of the wine. The glasses are priced at \$116, and went on sale in France earlier this year. Here's to moving forward with new innovations.

VOLKSWAGON HOVER CAR

After debuting in China last year, the People's Car Project inspired a total of 33 million submissions from customers contributing design ideas towards Volkswagen's model of the future. What came about as the product of this crowd sourcing campaign, is a car without wheels, the Volkswagen Hover Car, designed by a Chinese girl, Wang Jia. The two-seater zero emission car levitates above the streets along electromagnetic road networks without causing pollution. The Hover Car comes fitted with circular doors and a key with an LCD screen displaying the fuel meter and the driving habits of driver. Additionally, the car accommodates a built-in system that avoids road accidents by using sensors. Its sleek design makes it easy to manoeuvre, and appealing in its looks. Although it's only a concept as yet, there's no saying when the idea will jump off the pages and onto our streets.



Port Adriano By Starck

Port Adriano, located on the Balearic Islands capital of Palma de Mallorca, has undergone a spiffy makeover by French designer Philippe Starck. He's made it one of the poshest parking spaces for superyachts in the Mediterranean. With the latest addition of 82 berths, Port Adriano now offers an alternative to the marinas around the Balearics, which are often fully booked. Furthermore, the new design accommodates commercial space for top marine businesses, international shops, restaurants and leisure resorts. Combining Starck's genius with the region's stunning landscape, it's the next go-to destination.

THINGS TO DO THIS MONTH



BRITISH GRAND PRIX

The 2012 Formula 1 Santander British Grand Prix will return this year to jumpstart the action from 6 to 8 July. Racing fans can look forward to another weekend full of thrilling races and awesome entertainment. Get in on the action as Hamilton, Jenson Button and Paul di Resta fight to impress on home turf.
Website Silverstone.co.uk

PITCHFORK MUSIC FESTIVAL

It's that time of the year again, when music madness is in the air. Get psyched and get in line for the Pitchfork Music Festival which returns to Chicago's Union Park from July 13 to 15. The lineup for this year includes Vampire Weekend, Feist and Godspeed You! amongst many more.
Website Pitchfork.com



BANGALORE FASHION WEEK

Scheduled from July 26 to 29, the 7th edition of the Bangalore Fashion Week provides a showcase for the Indian fashion industry on a global platform. This commitment to fashion will increase exposure for Indian designers to buyers, the media and the fashion industry both in India and abroad.
Website BangaloreFashionWeek.in



DIES DE DANSA BARCELONA

The Dies de Dansa festival in Barcelona is an open and free event. This cultural project was started 10 years ago, and today, more than 25 national and international dance companies showcase superb performances of their unique dance styles. The next edition of Dies De Dansa will be held from July 6 to 9 in Barcelona, Sabadell and Mataró.
Website Marato.com

NEW RELEASES

THE DARK KNIGHT RISES

The third and final chapter in the Batman trilogy will be bigger than anything you've seen before. Director Christopher Nolan claims it is an 'epic war movie' rather than a run-of-the-mill superhero blockbuster. While the notoriously troubling character of the Joker, previously played by late actor Heath Ledger will not be referenced, rumour has it that Batman's

sworn enemies from the past—Ra's Al Ghul, Bane and the Scarecrow—will join forces in the finale. Also, Anne Hathaway joins the franchise as Catwoman. Though we're pretty sure good will triumph evil, it is the mammoth scale of production that has expectations at their zenith. With 11,000 extras in a real environment, it surpasses all technical norms. Gear up for an epic conclusion.



OMEGA HOUSE

The official timekeeper of the 2012 London Olympics, Omega has extended itself into the hospitality segment for the duration of the games from July 27 to August 12. Omega House, an exclusive club for VIP visitors and celebrities at London's Soho district, will be open to a select group of people by invitation only. Providing a retreat from the madness of the Olympics, this exclusive club will create a space for guests to hold business meetings, lounge with friends and watch the games on a big screen television in the Olympic garden. Housed in a storied Georgian townhouse, each of the six rooms at the club will be named after Omega's most memorable watch collections. It's time to call in those favours, and score yourself an invite.

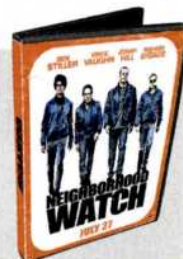
ZAC BROWN BAND – UNCAGED

The release of Zac Brown Band's latest album *Uncaged*, is a culmination of the powerful chemistry that has developed between band members by living and working together over the last ten years. The 11-song album features a slew of special guests including Amos Lee and Trombone Shorty, as well as artists including Jason Mraz, Nic Cowan and Sonia Leigh. In addition, this album introduces the band's newest member, percussionist Daniel de los Reyes. Tune in for their signature sound.



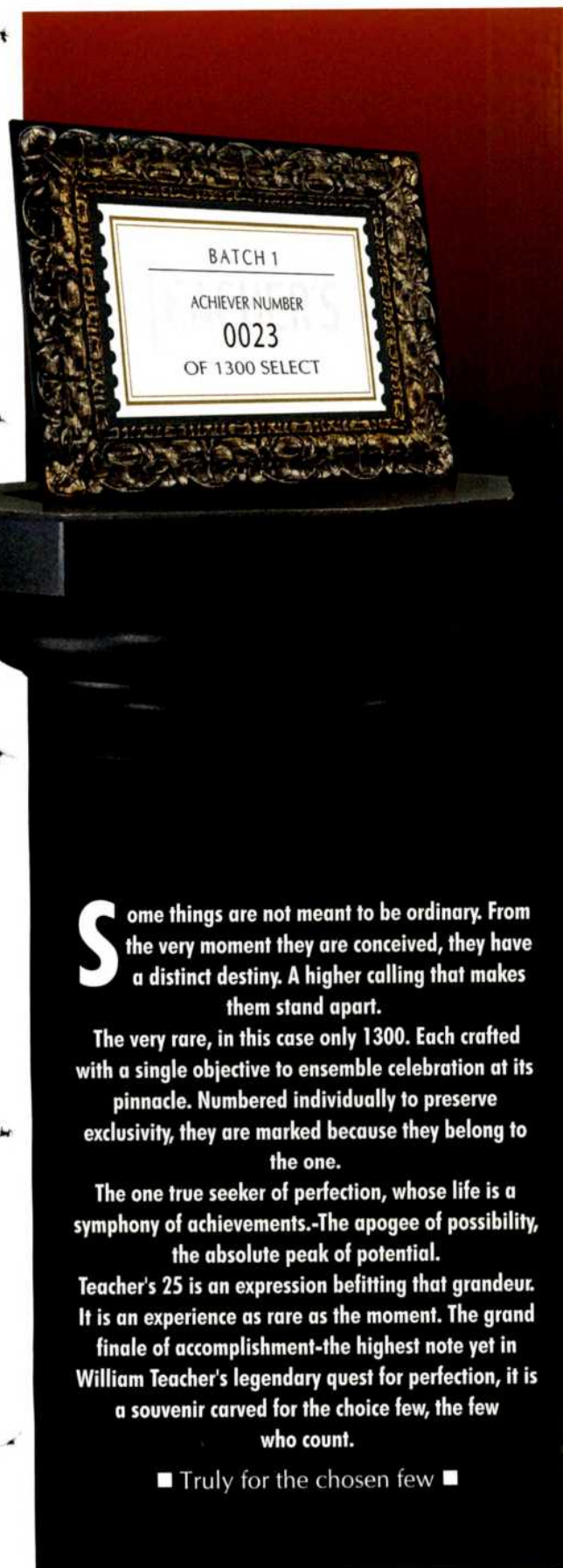
GOLD BY CHRIS CLEAVE

Gold is the story of two athletes who have been friends and rivals since they first started to train. Now, on the eve of their very last competition, the London 2012 Olympics test both women to their physical and emotional limits.



WATCH THE WATCH

Starring the funniest names in Hollywood, Ben Stiller, Vince Vaughn, and Jonah Hill, *The Watch* is a science fiction comedy about a neighborhood watch group forced into action when they encounter aliens.



Some things are not meant to be ordinary. From the very moment they are conceived, they have a distinct destiny. A higher calling that makes them stand apart.

The very rare, in this case only 1300. Each crafted with a single objective to ensemble celebration at its pinnacle. Numbered individually to preserve exclusivity, they are marked because they belong to the one.

The one true seeker of perfection, whose life is a symphony of achievements.-The apogee of possibility, the absolute peak of potential. Teacher's 25 is an expression befitting that grandeur. It is an experience as rare as the moment. The grand finale of accomplishment-the highest note yet in William Teacher's legendary quest for perfection, it is a souvenir carved for the choice few, the few who count.

■ Truly for the chosen few ■

PROMOTION



- The "greatest outdoor show on earth" turns 100!
- Johnny Reid, a Juno and 15-time Canadian Country Music Award winner performing in concert.
- Outlaw – the rodeo bull themed rollercoaster ride!

CALGARY STAMPEDE TURNS 100!

Pulling out their cowboy boots, donning their cowboy hats, and celebrating their ranch roots, Calgary brings forth the Stampede in its grandest form this year! Celebrating 100 years of this show the Stampede Centennial Committee has pulled out all stops to make this years celebration greater than ever from July 6-15, 2012.

Starting the 10 day event with the opening day Stampede parade the Calgary stampede unfolds into a magnificent event of splendor and grandeur. Incredible sets, the finest western horsemanship, First Nations performers and 30 horses showcase their talent in a stunning new equine show. Chuckwagon racing is another attraction for the onlookers. Rodeos are at their best, competing and enthralling the audiences with their acts. Along with this, the Stampede this year is boasting of a midway - the location where amusement rides, entertainment and fast food booths are concentrated – with new thrilling roller coasters rides. The most anticipated of the lot is the "Outlaw" which promises an adrenalin rush to any who dares to get onto it. It sends riders blasting out of chutes on a twisting, stomach-churning adventure as wild as any cowboy's eight-second rodeo ride. Also in the midway is the longest temporary zipline in Canada, soaring for 260 meters (850 feet) over Stampede Park at speeds of up to 60 km/h (37 mph). For the ones not much fascinated by rides, the concert this year is lined with country music stars including 15-time Canadian Country Music Award winning legend Johnny Reid. Any concert out in the open brings with it great energy and being a part of the 100th Stampede celebrations has its own charm. One can adorn the Stampede merchandise while enjoying the many interesting events taking place. Sure to provide visitors with enough souvenirs like the cowboy boots and rodeo jackets, this years Stampede is sure to be a great show worthy of its completion of a 100 years!



THE HIRST CODE

The Damien Hirst retrospective at the Tate Modern, London, shows the artist in a light that is not necessarily flattering.

BY PRACHI BHUCHAR

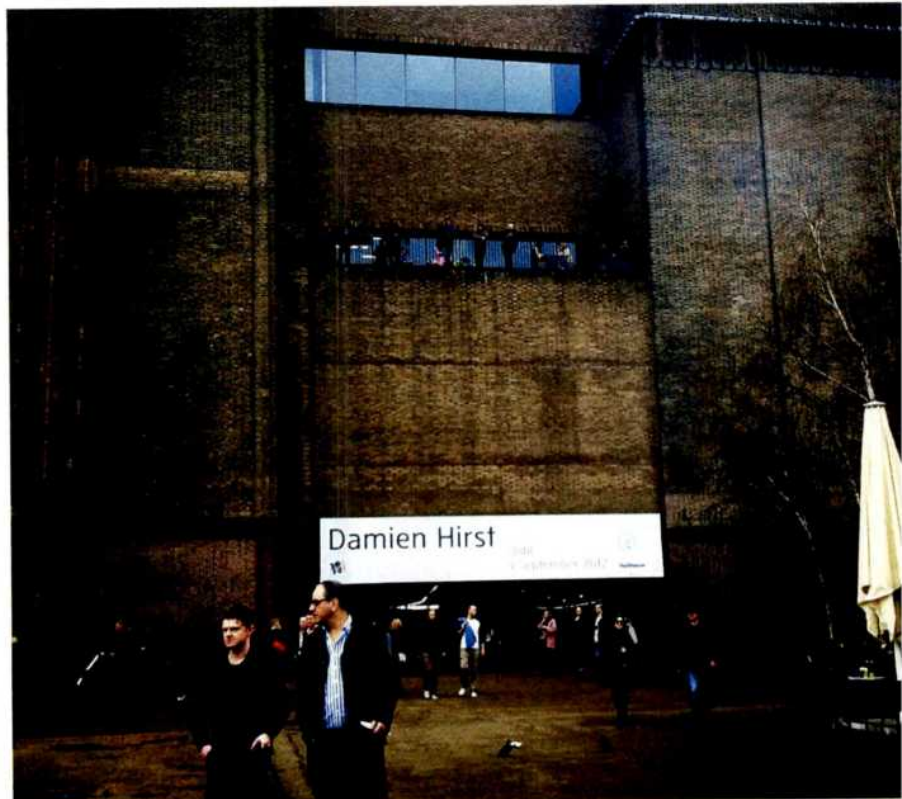


In and Out of Love leaves you feeling wistful and disturbed as butterflies flit to their death

His fascination for all that is macabre defines his work. You can argue that it does not qualify as art in the purest sense but Damien Hirst does not care. A retrospective of his work at the Tate Modern museum, London, spans three decades and exemplifies his obsession with death and the idea of mortality we must all face up to some day. For someone who is familiar with the name but not his work, Hirst's exhibition does what the artist once sought: to shock and shame. Others, who have followed his brilliant debut and subsequent denouement, would do well to liken it to his butterfly exhibit where the flaming beauty flounders after being trapped within the walls of an inescapable tome. His ideas of death were excitable, even original, when he created his early works in his 20s. The lack of vulnerability and the play with death exhibited in all these early works seemed brave and awe-inspiring. But his preoccupation with an ideal that has become the norm over time has left him open to harsh critics who now see him as nothing more than a 'con artist'.

While it is almost fashionable to shun Hirst as a skill-less artist with a mercenary streak, one can't deny the impact he has had on British art since he began in the 80s. The first time I saw his work was at the Saatchi Gallery in London in the summer of 2003. At the time I was fascinated, repulsed, but hooked. Nine years later, his work wears the sheen of over-compensation and there has been minimal artistic evolution. The same theme of death has now been dressed up by him in sparkles to give it a 'human' face (the diamond skull) which Hirst claims is his most 'alive' creation ever.

At Tate Modern, room two of the retrospective houses, *A Thousand Years* (1990), which showcases Hirst at his best. The severed head of a cow lies in a pool of dark liquid in a large glass case injected with formaldehyde. To play out the circle of life, a box of



The Hirst retrospective is likely to attract tourists visting London for the Games

maggots are placed in the glass box which over time hatch into flies that feed on the congealed blood, get full and are then zapped to their death by an insect-o-cutor placed within the same box. One can't deny that the concept is fascinating and perhaps one of his finest works, one that was high on the shock meter. Yet as you make your way from room to room the senselessness of this preoccupation seeps through: rooms full of shiny glass shelves housing pills and medicine bottles; the work titled *The Acquired Inability to Escape*, which showcases another glass box with a desk, chair, ashtray and pack of cigarettes. Much of it is like a bipolar dance between subtle and over the top.

By the time you get to the humid, greenhouse-effect room that houses his butterflies, you are waiting for him to redeem himself. *In and out of Love*, as this is called, was originally create in 1991 and this is the first time is has been showcased in entirety. As you

walk around the room where butterflies drunk on sugar and fruit dance to their eventual death you are terrified of stepping on one of them. In this case, the flitting creatures are the art as well as the artists as pupae pinned to the boards develop into butterflies and hatch before escaping to ultimate freedom in death: both beautiful and disturbing.

But the piece de resistance of the collection remains his 2007 work *For the Love of God*, a humn skull encrusted with a wealth of glittering diamonds and showcased in a black room on the ground floor of the museum (only till end-June), isolated from the rest of his collection. While Hirst's legacy may not be appreciated by most, his contribution to th art world remains undeniable and for that and his ability to consistently play with the death motif, we recommend a fleeting visit. ■

Damien Hirst, the retrospective, is showing at Tate Modern until 9th September 2012; www.tate.org.uk.

Are You Game?

As the 2012 Olympics draws nearer, July is all about sport, spirit and style. To look great on the field and off it, we help you gear up and get your game face on.

Despite the blistering summer sun eclipsing everything, it's time to shrug off the inertia and make a splash. The real Games might be happening overseas, but the excitement can be traced all the way to our shores. In this issue we bring you the spunkiest looks for both sport and lifestyle, in keeping with the Olympic theme. From

customised collections and limited editions to special fabrics and comfort fits, sportswear has never looked better. Whether you're putting on the green, training for a marathon, pumping iron or simply feeling in an Olympic state of mind, there's no reason you shouldn't look good doing it. Mix and match to get the perfect sporting look. We show you how.

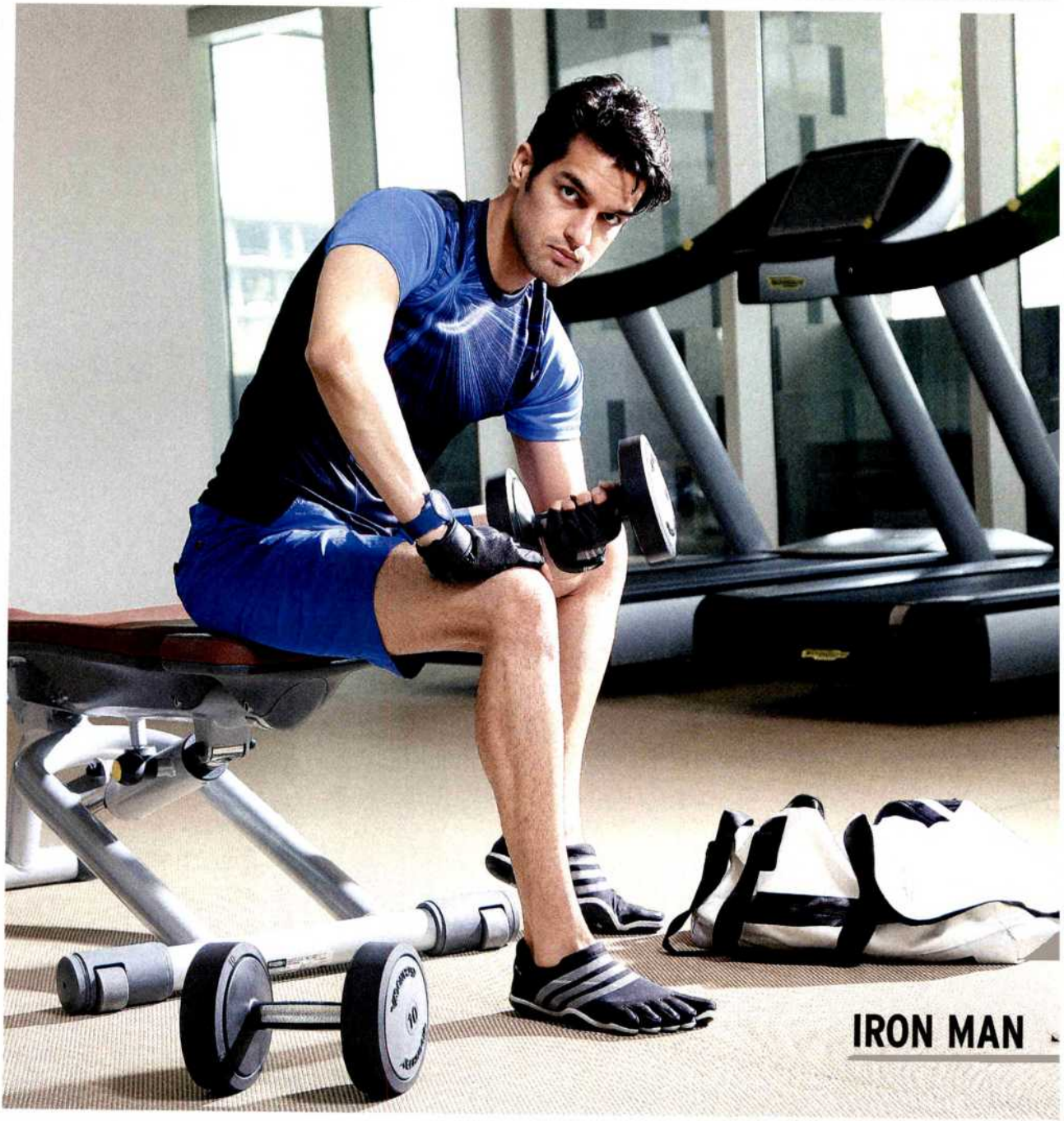
WORDS AND STYLING: HITANI KAUR PHOTOS: RAJWANT RAWAT
MODEL: SULABH KALRA LOCATION: THE PULLMAN HOTEL, GURGAON

TEE TIME

SULABH IS WEARING A CAP BY NAUTICA; TSHIRT BY LACOSTE; SUNGLASSES BY ADIDAS;
TROUSERS WITH ATTACHED BELT BY ZARA; GLOVE BY TAYLORMADE; SHOES BY ADIDAS;
GOLF CLUB BY TAYLORMADE; WATCH BY DIESEL.



**BELOW: SULABH IS WEARING AN ANTI-SWEAT TSHIRT, TRAINERS AND GLOVES BY ADIDAS; SHORTS BY ZARA; BAG BY LACOSTE; WATCH BY DIESEL
RIGHT: SULABH IS WEARING A JERSEY, WRISTBAND AND SHOES BY ADIDAS; SHORTS BY ZARA; CAP BY PUMA.**

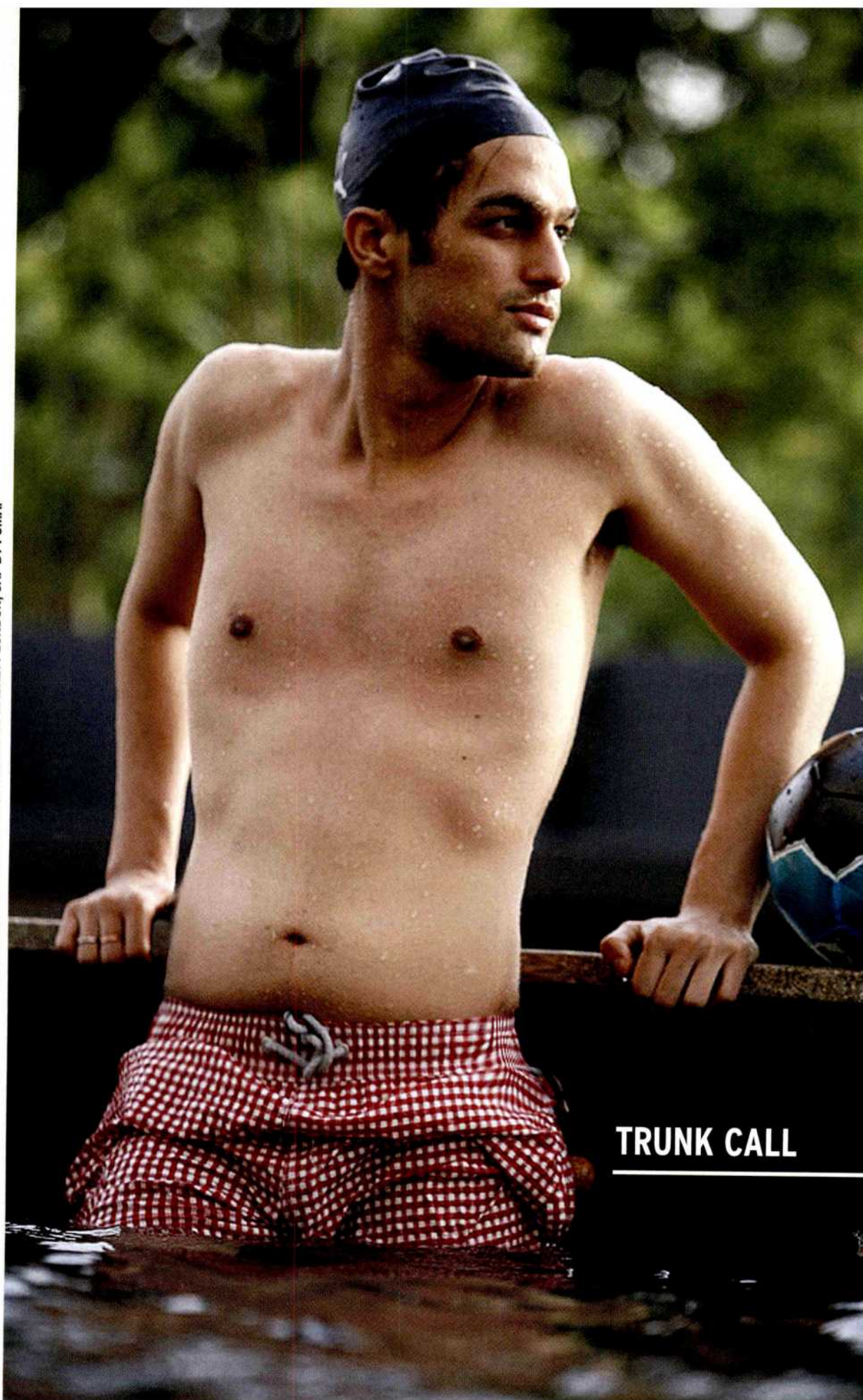


IRON MAN



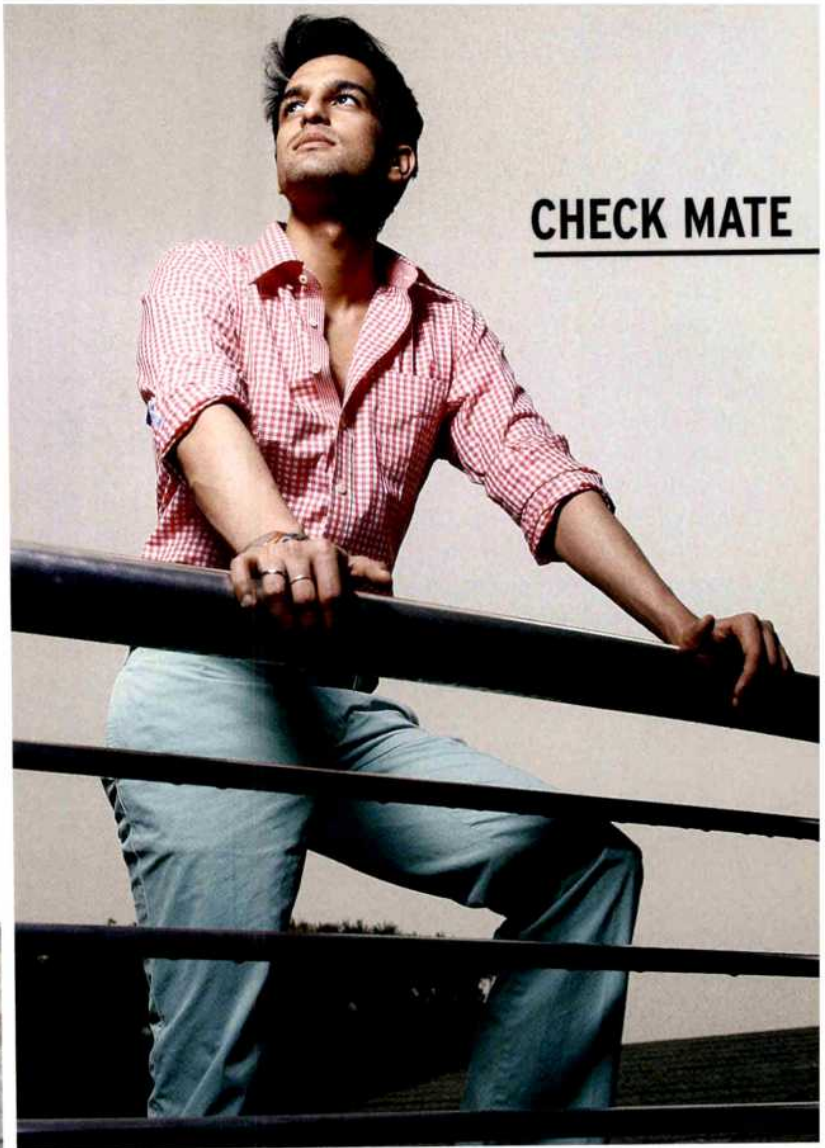
TRAINING DAY

SULABH IS WEARING SWIMMING TRUNKS BY HACKETT LONDON; CAP BY PUMA.



TRUNK CALL

CHECK MATE



RIGHT: SULABH IS WEARING A SHIRT AND TROUSERS BY HACKETT LONDON; WATCH BY FOSSIL.
BELOW: SULABH IS WEARING A JACKET AND HAT BY ZARA; SHIRT AND SHOES BY LACOSTE, PANTS BY NAUTICA.



CASUAL CHIC

Pioneering a new trend in consumer experience, the ITC group has taken brand experience and engagement to a whole new level with the launch of the Fama Di Wills Men website. A first-of-its-kind digital experience in India, this virtual initiative has combined the very best of digital expertise to launch this innovative website. Providing valued information in an app format, this international widget-based site caters to the interests and aspirations of the evolving man. The apps address a wide genre of queries related to male vanity. From grooming, fashion and style, to sports, music and gadgets, users are constantly updated on all the 'it' stuff. The content is made available to the user in an interactive format and can also be accessed on the move via a smartphone.

The website made a big splash with a virtual debut in a unique Google+ Hangout, where an eminent panel of experts and public personalities unveiled the apps. Much like a live event, the online launch had only one different aspect – it was hosted online. With features like hangout, circles and search, Google+ opens up an avenue of exciting opportunities within the social space, allowing the brand to come in contact with customers by giving it a face. Bypassing the logistical problems of a live event, this virtual unveiling was widely accessible via live streaming on both YouTube and the Fama Di Wills Men website. Within just two hours of launching, it had 88 per cent new visits, 130 tweets by opinion leaders and more than 65,000 views on YouTube.

Since its launch, the site has become something of a trendsetter owing to the unique marketing and communication initiatives employed by the brand. They've roped in their male clientele with the prospect of a 'men's only' space, and for the brand, the ride is only just beginning. Log on. ■

A DIGITAL HANGOUT

The new Fama Di Wills Men website by ITC, lures in the men folk with an online experience that's all their own.

BY HITANI KAUR



PORSCHE DESIGN SMARTPHONE P'9981

from BlackBerry®



ENGINEERED LUXURY MEETS POWERED PERFORMANCE

Porsche Design and Research In Motion (NASDAQ: RIMM; TSX: RIM) launched the elite new Porsche Design P'9981 smartphone from BlackBerry® in India.

Instantly identifiable as a Porsche Design product, the exclusive material choices for this unique smartphone include a forged stainless steel frame, hand-wrapped leather back cover, sculpted QWERTY keyboard, and crystal clear touch display. The customized Porsche Design P'9981 comes with an exclusive Porsche Design UI and a bespoke Wikitude World Browser augmented reality app experience. The smartphone also includes a premium, exclusive PIN that easily identifies the user as holder of a Porsche Design P'9981 smartphone from BlackBerry.

"The brand new P'9981 smartphone is a milestone product for Porsche Design," said Dr. Juergen Gessler, CEO Porsche Design Group. "It is a representation of the iconic Porsche Design styling philosophy and RIM's technology-driven focus, which combine to deliver engineered luxury and performance in a smartphone for the discerning consumer."

"The Porsche Design P'9981 smartphone from BlackBerry is a perfect culmination of style and functionality," said Sunil Dutt, Managing Director for India at Research In Motion. "The exceptional look and feel of this modern smartphone inspires and we are pleased to be launching the P'9981 in India."

For more details please SMS "Porsche" to 575758
or visit web: in.blackberry.com/P9981



The Leading Cruise Line In Asia-Pacific

Star Cruises' talented chefs garnered coveted accolades at Food & HotelAsia Culinary Challenge 2012

Star Cruises, together with Norwegian Cruise Line, is the third largest cruise operator in the world that owns a combined fleet of 18 ships visiting over 200 destinations in the world, offering approximately 35,000 lower berths.

The fleet cruises to over 200 destinations and islands in Asia-Pacific, North and South America, Hawaii, Caribbean, Alaska, Europe, Mediterranean and Bermuda.

Star Cruises is represented in more than 20 locations worldwide with offices and representatives in Hong Kong, Australia, China, India, Indonesia, Japan, Korea, Malaysia, New Zealand, the Philippines, Singapore, Sweden, Taiwan, Thailand, the United Arab Emirates, the United Kingdom, the United States and Vietnam. Star Cruises, the leading cruise line operator in Asia Pacific, is pleased to announce that up-and-coming members from its chef teams have been honoured with seven awards at the reputable Food&HotelAsia Culinary Challenge 2012 (FCC) awards recently.

Star Cruises is the only cruise line that was honoured at FCC Awards. In addition to the Silver Award, Star Cruises' chef teams also collected a Bronze Award (Plated Dishes) for SSR Sous-Chef Ferdinand Sulla; a Bronze Award (Asian Meal) for SSR Chef de Partie Mohd Nasir; a Bronze Award (Plate Dishes) for SuperStar Virgo Chef de Partie Zaldy Zapanta; a Bronze Award (Pastry Showpiece - Marzipan / Sugar) for SSR Pastry Chef James Chiu; a Bronze Award (Pastry Showpiece - Dough Figurine) for SuperStar Aquarius Assistant Chief Baker Bobby Caiga; and Bronze Award (Pastry Showpiece - Dough Figurine) for SuperStar Aquarius 3rd Pastry Nier Alfarero. Renowned hotels such as JW Marriot Hotel Seoul and Sheraton Grande Walkerhill (Seoul) were also awarded in these categories.

The 31-year-old Shah Irwan Omar, Chef de Partie on SuperStar Libra (SSR), debuted at FCC Awards with a Silver Award (Plate Dishes category). His innovative and mouth-watering dishes included Stuffed Oak Duck Breast Magnet with Apple & Foie Gras and Triangle of Pan Roasted Hokkaido Salmon stuffed with Squid & Prawn Mousse.

His creative interplay of the flavours and texture accentuated the essences of carefully-chosen ingredients and won over the judges' experienced palates. Eye-pleasing food presentation further added credits to his creations.



SuperStar Libra Chef de Partie Shah Irwan Omar debuts at Food&HotelAsia Culinary Challenge 2012 Awards with a Silver Award (Plate Dishes category).



OCCUPATIONAL HAZARD

Being chained to your workstation or living out of a suitcase may reflect well on your paycheque but what does being on-the-go mean for your health?

BY ANUSHREE BASU-BHALLA

Could your job be making you fat? Research proves that it is quite possible. Between workplace pantries, vending machines, to lavish business luncheons and social meets, your work could be the biggest reason behind the kilos that you're piling on. According to a recent research—headed by Professor Adrian Kennedy of Lifetime Wellness Rx International, the wellness wing of Apollo Hospitals Group—a sedentary lifestyle is the reason behind 80 per cent of the medicare costs borne by urban India. Touted as the 'automation age,' a stress-laden, less active lifestyle has led to a rise in cardiovascular diseases, diabetes, cancer risk and psychosoma, among Indians. For most of us, our work dictates the way we live but by making a few minor changes in our diet we can ensure better physical health and mental wellness in the long run. Read on to know how.

LONG HOURS AT WORK

You believe that you work your tail off, but don't get due credit or compensation for the same. This is 'effort-reward imbalance' and is a common phenomenon in the current economic slowdown. You may resort to burning the candle at both ends to mend the fractured spirits and prove your worth in the organisation, but you may have to pay a heavy price for your diligence, eventually.

A study by American medical journal *Annals of Internal Medicine* proves that people who work an average of 11 or more hours per day have a 67 per cent higher risk of suffering a heart attack or depression. "Work stress, long hours, and so-called failures or missing targets and deadlines lead to emotional eating and obesity," says Dr Bhuvaneshwari Shankar, group chief dietitian, department of dietetics, Apollo Hospitals. Due to the high-stress environments, our brain constantly expects rewards in lieu of pumping in the adrenaline to soldier on. But the 'rewards' are more like vicious cycles



Long layovers at airports and frequent flying causes health issues in the long run

that come in the form of espressos and junk food that lead to obesity and more stress. The key is to focus better at work, take a few breaks in between, and eat these foods that will help you power through a long day at the office:

Nuts Grab a handful of almonds and walnuts to stabilise blood sugar levels for the rest of the day and combat hunger pangs at odd times.

Yoghurt A cup of probiotic low-fat yoghurt promises healthy digestion and prevents bloating due to prolonged sitting in one place.

Dark Chocolate Your go-to resort after an afternoon workday crisis. Reach for just a piece of dark chocolate that will trigger the release of endorphins and serotonin, to lift your mood and calm frayed nerves.

Fresh Fruits Pack apples and citrus fruits like oranges and blueberries that will come at your

rescue when you are about to doze off at your desk.

Mint Tea Not just delicious, research suggests that periodic whiffs of peppermint improves focus and performance.

FREQUENT FLYING

Your job involves a lot of travelling, on the road or up in the air, for about two to three times a week. A lot of people will give an arm and a leg to have your job. You, on the other hand, have come to realise the flipside of frequent flying—the overall stress, the lack of a consistent healthy diet, the extended periods of sitting, the effects of cabin air and jet lag, all take their toll on your health. Frequent business travels often leave no room for good health. By incorporating the following tips, by nutritionist Naini Setalvad, you can have a check on your diet and

FOOD SMART

Forget calorie-counting. Just follow these simple diet rules and you will look better, live better and even work better.

EAT GREENS WITH ABANDON



Research suggests that only 20 per cent of men eat the requisite five servings of fruits and vegetables a day. From now, for breakfast, lunch, dinner, and mid-meal snacking, make green leafy vegetables and fruits the focus.

LOVE THY LENTILS



No need to worry about proteins when you live in India. Beans, lentils, legumes are the ultimate substitute for meat proteins. Filled

with fibre and antioxidants, they're also cheaper than almost any meat staple.

BREAKFAST IS A MUST



The most important meal of the day is also the most neglected due to our erratic lifestyle. A study by American Heart Association reveals that a balanced breakfast helps keep heart issues at bay.

INDULGE WISELY

Nutritionists call it 'enlightened eating'. This means treating yourself to things you really love every now and then. Less is definitely more in this case.

EATING OUT GUIDE

Amid a sea of high-fat dishes that hog the menus of major multi-cuisine restaurants, here are the three most healthy food types to tuck into. Just because they are healthy does not mean they are low on the taste quotient. Dig in wisely.

JAPANESE



Japanese cuisine, especially the kind eaten on the island of Okinawa, is very healthy. You want to eat the food of the land where people often live to 100-plus. Bite into antioxidant-rich yams and drink cups of green tea; enjoy a stir fry made of bok choy; seaweed rich in iodine and seafood like salmon high on Omega 3.

MEDITERRANEAN



Traditional Med foods like leafy vegetables, fresh fruit, high-fibre beans, lentils, and grains, tomatoes, olive oil, and Omega-3-rich fish boost immunity and cut the risk of heart disease, diabetes, and other diet-related ailments.

SOUTH AMERICAN



This cuisine is a healthy mix of what's eaten across the continent. South America has a very diverse culinary repertoire. The traditional diet consists of fresh fruits, herbs and spices, and vegetables along with high-protein grains like quinoa.

refrain from packing on the pounds in the stratosphere.

Carry Your Own Food We all have experienced the horrors that come packed in the form of flight food. Skip it as often as you can. Pack your own sandwiches, salads and/or healthy snacks like whole fruits, nuts and granola bars. Put them in your handbag in small airtight containers and munch when you feel hungry.

Keep Yourself Hydrated Pack at least two litres of water while flying for more than three hours. If baggage weight is a problem, buy bottled water after the security checkpoint to take on board. Business lounges pose as big temptations when it comes to alcohol, aerated beverages, coffee and tea. These lead to dehydration that can cause or exacerbate

hunger, jet lag and fatigue.

Eat Breakfast Whether at home or in a hotel, make time for a healthy breakfast—comprising of milk, cereals, whole wheat toasts, eggs and fruits. You'll be less inclined to hit the airline's business lounge food or the airport's food court before your flight takes off.

OFFICE TEMPTATIONS

Your workplace can be a treasure trove of dietary indulgences—think, the canteen, vending machines, food deliveries, business lunch and evening engagements. According to researchers at Case Western University, people-pleasers (those who strive to keep their business or social relationships smooth) are particularly at risk of overeating in social situations. So if you can't fit into

Binging on high-caloric junk food triggers addiction-like symptoms in the human brain





Business and social engagements may throw your diet charts off the hook

your favourite jeans anymore, you know you tried too hard to please your client. It's time you be mindful of these workplace diet challenges: **On a Business Luncheon** While the company may pick up the tab, don't take this as an excuse to overeat. If you're the host, opt for a Japanese or a Mediterranean restaurant. Research has proven that these two cuisines are the healthiest and most balanced.

In the Canteen The mass-produced pantry food at work seldom meets hygiene and balanced-diet standards. Restrict eating from the workplace canteen to the minimum.

At the Vending Machine Research from Harvard University and Purdue University found that adding nuts to a calorie-controlled eating plan assists weight loss. So instead of the chocolate or cola, next time, go for a packet of assorted unsalted nuts.

AFTERHOURS

"At a massive seven calories per gram, alcohol is one of the most fattening substances you can ingest

into your system—as compared to carbs and proteins that stack up at four calories per gram," says celebrity dietician Pooja Makhija. While you always have the option of saying 'no,' drink if you must, follow the below mentioned spirit rules before you hit the next party:

Strike a Deal Plan your alcohol intake into a daily calorie quota. If you have drinking plans for the weekend, try to save some calories each day in advance. And yes, stick with the rule!

Fill up First Alcohol on an empty stomach is bound to make you a wrecked train. Push the drink menu aside, savour the hors d'oeuvres first.

Water it Down Not only water is your best defence against a bad hangover, it also saves you from getting hammered in public. Go for one-to-one ratio.

Beer to the Bare Minimum Think of a bottle of beer as a whole chocolate cake. The calorie math doesn't add up in this scenario. If you're watching your weight, just avoid the pint when you can. ■

GOOD HEALTH ON THE GO

Your smartphone's application store has a number of diet and health related applications that make it easy to keep tabs on your calorie intake and help you stick to a healthy lifestyle. Here's what you should download right away.

LOSE IT!

This app automatically creates a daily 'calorie budget' based on your personal details and weight loss goals. Enter everything you eat and your exercise totals for the day and the app will display how many calories you can still consume.

IBODY

This award-winning app allows you to record important health factors for your body: weight, blood pressure, pulse rate and BMI. (Price: \$9.99; Apple.com/iTunes)

EPICURIOUS

Thinking of cooking up a storm for dinner? The Epicurious app could come in handy. With thousands of recipes available, you are provided with many options including health ratings for each one.

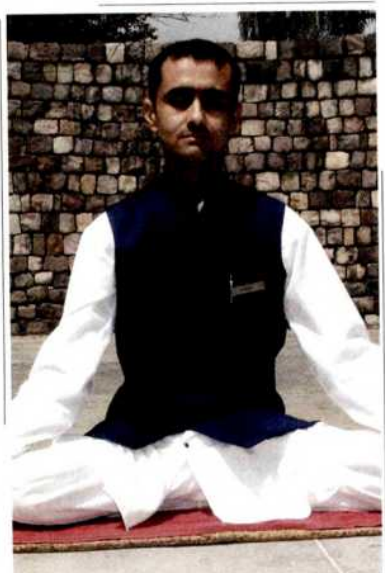
NUTRITION MENU

This app boasts the largest freestanding nutritional information database in the market. You'll find the calorie, fat, carb and fibre counts for over 79,000 food items, without connecting to the internet.



LET'S PLAY THE MIND GAME

In our ongoing search for peace, meditation holds the key to contentment. It's wise to wake up to improving your mental health. After all, it really is all in the mind.



SUSHANT PANDEY
Head of Yoga and Meditation,
Ananda Spa in the Himalayas

We live in an age of information; of detail and connectivity. Everything, from our social circle to our area of work is getting wider. In such a time and age, survival comes to those who can multi-task and are able to shuttle work and social responsibility through wise decision making and efficient working style. Needless to say, the modern mind is extremely exhausted and laden with stress.

On the brink of hyperactivity, we are unable to treat our mind to a moment of calm. The natural outcome is insomnia, hypertension, cerebral tension, heart disease, and a host of other diseases that stem from depression and anxiety. We seize every opportunity to heighten and trigger the mind, but don't understand the importance of 'letting go'. It is the ancient oriental science of meditation that introduces us to the concept of relaxed alertness and nourishes our mental faculties. It is both a prevention and cure for mind troubles.

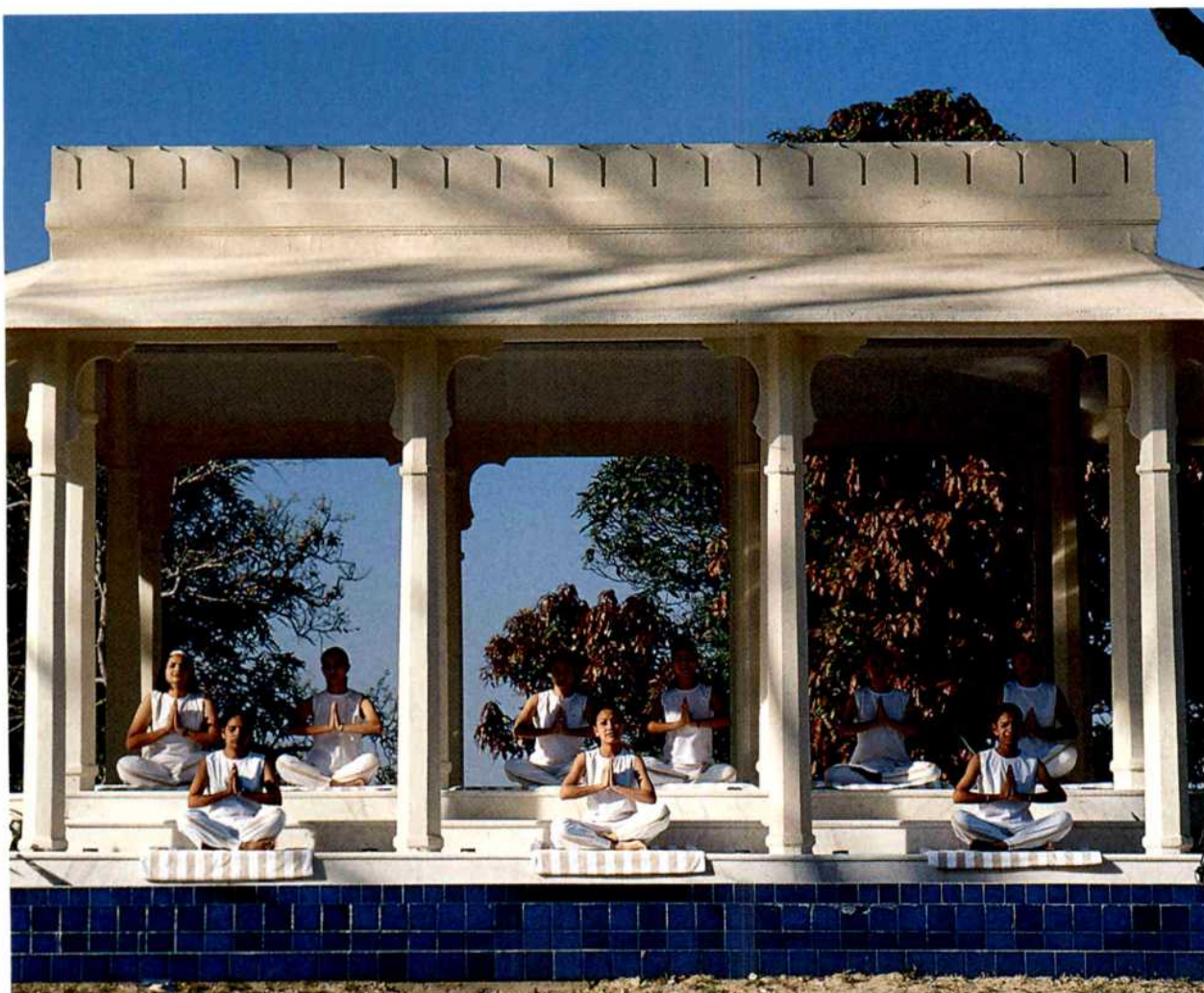
In yogic terminology, *kleisha* or afflictions are the root cause of stress. The science of yoga advocates exploring and understanding the mind through meditative practice. Classically the whole process of meditation moves through stages of

withdrawal of awareness or *pratyahara*, intensification of awareness on the object of meditation or *dharana* and finally experiencing the continuity of awareness with the object of meditation that is *dhyana*. The outcome is internalisation and harmony.

Pratyahara disassociates the mind from the senses. One way to do this is *nidra yoga* or psychic sleep. Unlike biological sleep where your minds sink into dreams, this is a state where the conscious mind is quiet and the subconscious is receptive. The process involves laying on the yoga mat in *shavasana* or the corpse pose and concentrate your attention on your body parts and breath. Instead of a power nap, practice for 15 minutes in the morning or afternoon. This is especially helpful on days when the workload is at its peak.

In case you're still restless after the sleep session, synchronise your breath to the tune of the Sanskrit chant so-ham. This is called *ajapa japa* and involves visualising your breath as it makes its course as it ascends from the navel to the throat and back. An early morning session of ten minutes in a garden ensures a calm start on your day.

Yet another technique is the *antar mouna* or inner silence. This offers



Meditating makes for a great group exercise as it boosts trust and support within the team

respite from repetitive disturbing thoughts and usually follows from *nidra yoga*. It involves observing the spontaneous patterns of your thoughts, without being directly involved in them. The idea is to be able to achieve a certain objectivity to analyse your mind, in order to attain control over it. The exercise enables you to snap out of setbacks and take failures in your stride.

Then comes *dharana*, in which you can take one object and focus your attention on it completely for about 10 to 15 minutes. This sharpens mental alertness and enhances concentration. It is recommended to do this an hour before an critical meeting or presentation.

The pre-requisite to inner explo-

ration is an alignment with gravity, which centres on posture, by either sitting erect on a chair or on a cushion with the spine, head and neck in a straight line. This helps you achieve a free and rhythmic breathing flow and is highly recommended for those who have demanding desk-jobs.

Most people lose focus by getting muddled up in work politics. This tension hampers their performance and also their inter-personal relations. The operative word here is detachment. Since meditation enables you to look at your life objectively, you're less affected by the situations taking shape around you.

Meditation isn't just about sitting

in postures and chanting mantras, but is a way of life. One must understand that work and stress are not synonymous, but it is an incorrect estimation of our capabilities that does the damage. Plans should be realistic, deadlines should be met with and if there's too much on your plate, take it one task at a time. Another way to inculcate inner peace is by developing a hobby, one that you can enjoy daily. Film the sun rise, star gaze, cook for friends, or just play around with the paint brush.

Every mind has its moments of pain and pleasure. A happy mind is one that is capable of turning each one into a fond memory. ■

FIT AT ANY AGE

Whether you've just hit 30 or are nearing 60, there's an exercise regime and diet that's just right for you.

BY PIERRE MARIO FITTER

Your 30s can be incredibly busy and stressful. Many have young families by now that will demand much attention. At work, you've begun to work your way into middle and, in a few cases, upper management. At the same time, your body is undergoing changes that will affect your health in the long term. For starters, your metabolism will begin to slow. This means weight gain. Muscle mass is also harder to retain and gradually your body loses shape.

▼ FOCUS AREAS

To fight a slowing metabolism, you need to up your cardio. Spend at least 20-30 minutes running, biking or swimming, at least thrice a week. To increase muscle mass, which is increasingly hard to do as you get older, start early. Spend two to three days a week lifting weights or doing calisthenics. Loss of muscle later in life reduces bone density as well, resulting in osteoporosis.

NUTRITION

Since this stage is all about speeding up metabolism and increasing muscle mass, you should be packing in proteins and fibre. But don't skimp on the vegetables. They are full of vitamins and are generally low-calorie, especially if not fried.

30s

▼ THE WORKOUT

The best cardio is running. If your knees hurt, try swimming or cycling. But be sure to actually exercise. Many spend an hour in the pool splashing away. Others jog with a partner but end up chatting more. Try push-ups, sit-ups, squats, lunges, abdominal crunches and jumping jacks. Perform at least two sets of 10 for each, twice a week. These don't require equipment and can be performed anywhere—at home, in the office rec room or on a business trip. Don't forget free-weights and machine workouts. To pick the right weight: you should be able to do 8-10 reps without losing form. If you can do 12 easily, increase the weight.



US NAVY

40s

Once you hit your 40s, your metabolism really begins to drop off and muscle loss speeds up, too. This is, in other words, the most crucial decade of your life health-wise. Most of the physical complaints you will have in old-age will trace themselves to this decade. The physical intensity of your work-day has probably tapered off, while family life is slightly more settled with kids now in school. Both mean you're burning less calories outside of exercise hours.

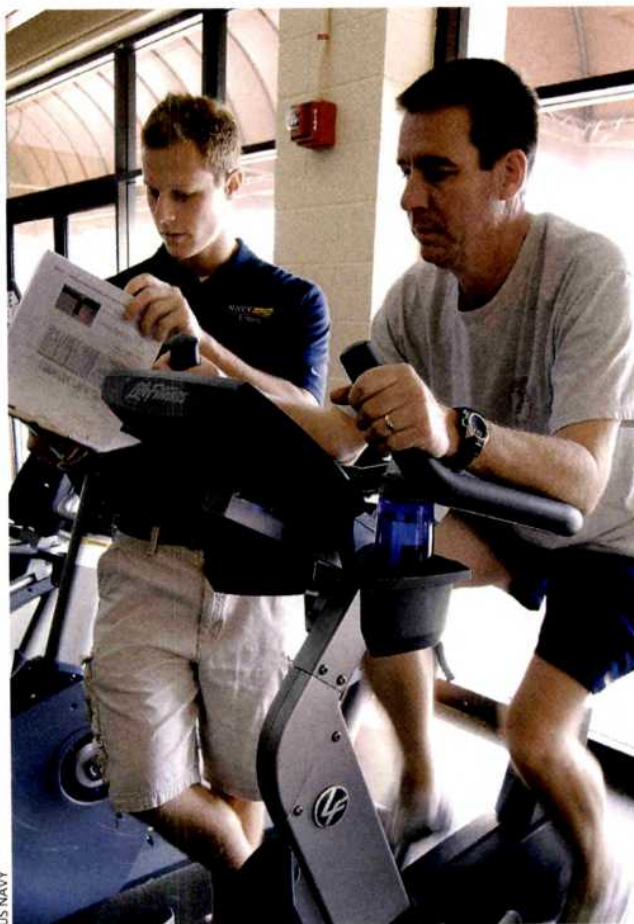
▼ FOCUS AREAS

The hardest bit about exercising in your 40s is it gets harder to reap the same benefits. Routines you did in your 20s and 30s are now much harder to complete. The worst impact is felt on your joints. If you're overweight, that just increases the load.

So start with your weak links. Do strength training for your joints and switch to less impact cardio such as biking or swimming instead of running. If you enjoy running, limit your exposure to hard surfaces.

NUTRITION

While you shouldn't cut carbs out entirely, they're generally a bad idea. Calories are harder to burn off in your 40s. Sadly, weight gain is much easier because of reduced metabolism. This is true even and antioxidants are great health boosters. Try to get at least 2 cups of salad recipes out there so you'll never get bored. Just go easy on the dressing as heart disease is a major risk.



US NAVY

▼ THE WORKOUT

Focus on strengthening your joints. This will build muscle mass around them to keep them strong and stable when you're older. Lift free weights and use the weight machines a minimum of thrice a week. Alternate the muscle groups you workout each day. This rest is important since your body can't repair itself as quickly as before. Work your arms, shoulders, chest, abs, back, butt and legs. Strength training will not only build

muscle but also increase bone density. For cardio, run, swim or cycle at least three to four hours a week.

Split your workouts across the day if you are not able to find enough time to do it all in one go. Try doing your cardio in the cool of the morning. Then you can hit the gym in the evening.

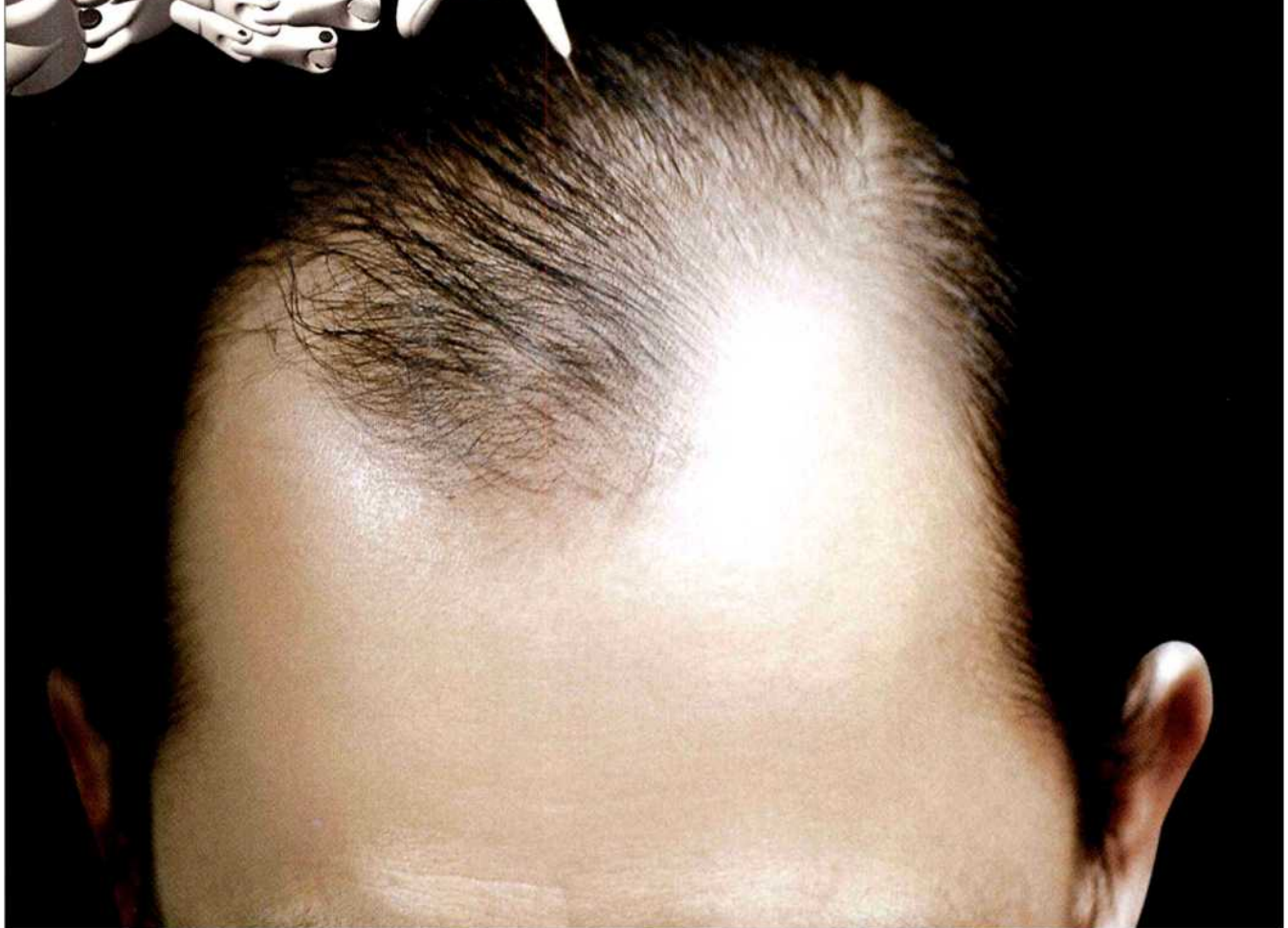
The important thing is you should exercise regularly and not in fits and starts. It's your best health insurance.

ADVERTISEMENT

THE NEW & S.A.F.E.R WAY TO

Treat Baldness

Baldness treatments are going hi-tech to capture the imagination and confidence of people who want to restore their hair and get a new lease of life. Hair transplantation is the procedure of choice for most people suffering from baldness as it ensures a sure and safe solution.





Before

After

So what is hair transplant? It is a walk-in-walk-out surgical technique that involves moving individual hair follicles from one part of the body (the donor site) to bald or balding parts (the recipient site). It is primarily used to treat male pattern baldness. The removal and transplanting of hair is a straightforward minor surgical procedure carried out under local anesthesia. It only takes a few hours but the complex part of hair transplantation is the artistry required by the hair transplant surgeon who determines the shape of the hairline and the overall hair direction.

There are many popular methods of hair transplantation today.

Follicular Unit Strip Surgery (FUSE): In this procedure, a strip of hair from the donor region is taken and implanted on the thinning or balding area. Sutures are then used to close the donor area. The area would take several days to heal. This procedure is best for average to extreme balding cases since it allows several grafts to be transplanted in a single session.

Follicular Unit Extraction (FUE): In this procedure, strands of hair are transplanted from the back and sides of the head in groups of one to four, since this is how hair naturally grows. Because it mimics how human hair actually grows, the procedure delivers results that look more natural. Another advantage that this procedure has over the others is that it does not involve major and deep cuttings. Thus, the recovery time is shorter and the scars that arise are minimal.

Taking a giant leap forward from the traditional hair transplantation solutions is SAFER or Suction Assisted Follicular Extraction and Re-implantation, the most effective and recent innovation. This breakthrough Robotic technology from Medicamat, France adds a new dimension to conventional manual hair transplant techniques by increasing efficiency and promising better results. It provides improvements to conventional graft harvesting techniques by providing controlled suction so that the hair root is undamaged. It also uses controlled re-implantation as compared to the manual direct hair transplantation using manual follicular pens.

It is a patented technology and uses a hair transplant medical Robot device to automate the Follicular Unit Extraction technique. It facilitates the harvesting of hair follicles, dramatically improving the accuracy and speed over previously used manual extraction instruments. SAFER is a minimally-invasive procedure and one of the most viable options for both men and women looking to restore their hair with transplantation. The other benefit of SAFER is that it

The automated follicular unit extraction technique offers the following three benefits:

- **Graft Yield:** This technique offers the best graft yield i.e. the success rate of implanted grafts is very high due to no human intervention or environmental contamination.
- **Accuracy:** The Robot increases the accuracy of the transplanted procedures by providing precise suction for harvesting of hair follicles and exact pressure for the implantation.
- **Speed:** As the robot offers suction assisted harvesting of follicles and pressured implantation it decreases the surgery time, thus maximizing patient comfort.

All these and many more revolutionary technologies and treatments are available exclusively at Berkowits, the leading skin and hair care experts. Berkowits is also known as the Hair Hospital as it offers the most comprehensive and advanced technologies and treatments for hair loss and baldness. It has been pioneering treatments for over 25 years and its expertise and deep understanding of baldness and hair fall problems have changed the lives of clients in various stages of baldness. Being at the forefront of innovation and technological advancement in the beauty space, they have been consistently successful in providing holistic solutions to help people overcome their hair problems. With a host of world class technologies, from low level laser therapy like Laser Comb and Laser Cap, to the most advanced American Long pulsed, high powered Nd:YAG Lasers, they are providing one-stop solutions for every hair, skin, body and beauty problem under one roof.

reduces the number of operations and operation time, in fact, the time required to harvest and implant the graft is decreased by half compared to other traditional techniques.

The innovation of the S.A.F.E.R. Hair Transplant Robot medical device in the automation of the F.U.E. or more precisely, the trans F.E.R. hair transplant technique, is based on the ingenuity of its two manual hand pieces that ensure precise cutting of graft, harvesting by aspiration, which is a rapid, precise and trauma free experience. It stores grafts in micro flasks and it is also possible to prepare the receiving area via micro punch, with the same motor.

Apart from these surgical methods, Berkowits is now offering to its clients a concept called Symbios. It is a hair technology that combines the benefits of surgical hair transplants with non surgical hair bonding to deliver naturally growing and full hair. Symbios uses hair transplantation in the front and hair replacement at the back to give you a solution that has proven absolutely effective and successful amongst all our clients.

For those not comfortable with surgery, various Non-Surgical Hair Replacement Treatments are also available. Hair Weaving offers a perfectly natural and sturdy look by weaving natural hair together to act as an anchor to the unit. It is the most sought after treatment of even film stars. Hair Microweaving is an American innovation pioneered by Berkowits. It is a non-surgical, painless, quick and safe treatment which involves merging of a human hair unit with existing hair. Hair Bonding is a technological marvel customized by Berkowits for that undetectable look. A silicon compound is used to bond the hair unit to the scalp, and merged with existing hair with a precision only experience can offer.

Mirage is a treatment developed by Berkowits. It guarantees the most natural hair and scalp and gives patrons the freedom to swim, ride a bike and even wrestle, without a hassle.

Consult our Dermatologists & Surgeons

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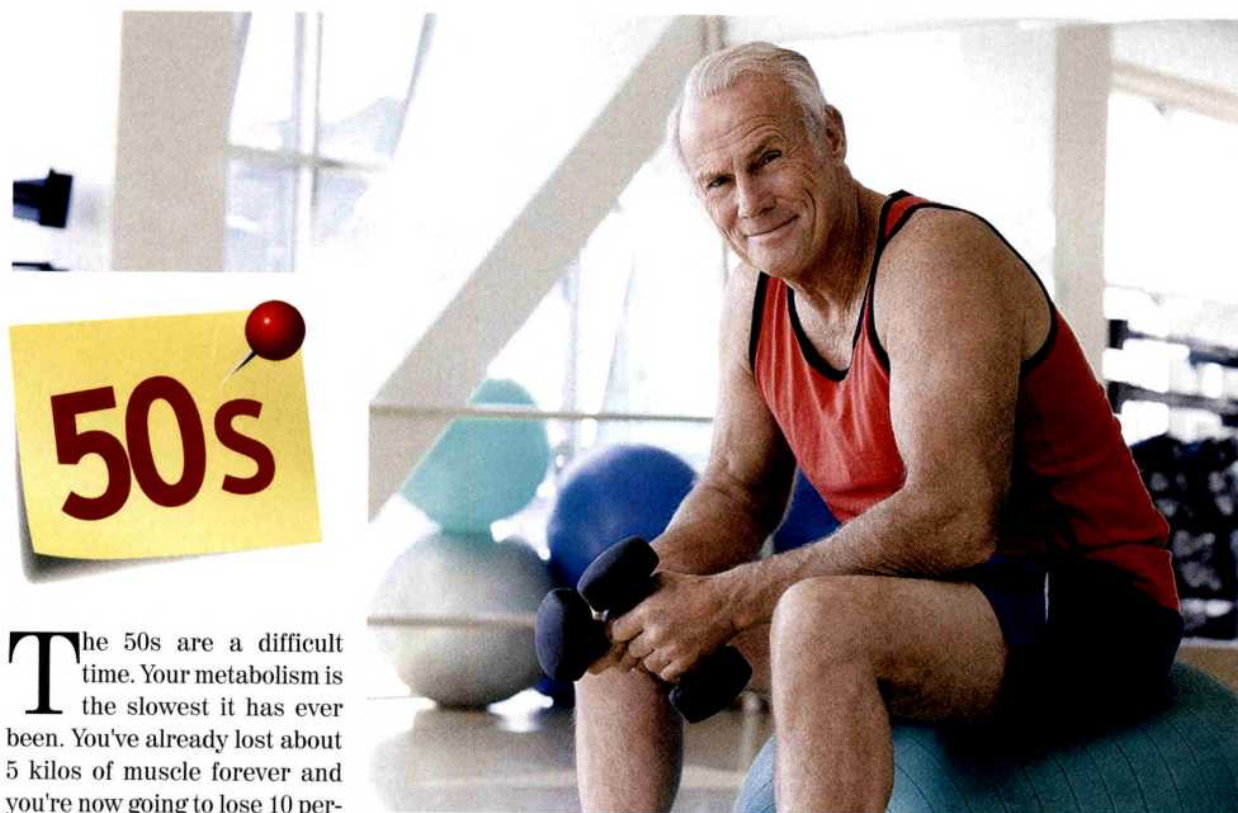
GURGAON
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GREATER KAILASH
9999 6666 25

CONNAUGHT PLACE
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NOIDA
9999 6666 88

VIKASPURI
9999 6666 05



The 50s are a difficult time. Your metabolism is the slowest it has ever been. You've already lost about 5 kilos of muscle forever and you're now going to lose 10 percent of muscle mass each decade. Your heart and lungs can't take as much strain as they used to. This is life. But you also have a whole decade of active work and your retirement ahead of you. So you need to remain fit to remain productive and happy.

▼ FOCUS AREAS

More than anything else, what you're really need is to keep your body active. Joint pain may discourage you. So don't push yourself to do exercises that are hard to complete. Switch entirely to low-impact cardio. This doesn't mean you can't run. Just do so on softer surfaces.

Strength training should be easy to moderate. Don't overwork yourself. Pay attention to your core muscles—the chest, back and abdominal area. This will help keep your posture upright through old age.

▼ THE WORKOUT

If you have been lifting weights, keep doing it. If you haven't now is as good a time as any to begin. Work on improving your balance. Strengthen your feet, ankles and hips. As mentioned above, work out your core regularly. Try light crunches, leg-ups and side crunches. Strengthen your back and chest with machine weights. This is good insurance for an upright posture through old age. Avoid free weights unless you're sure of your ability to maintain good form through the routine. A pulled muscle or sore ligaments are much harder to recov-

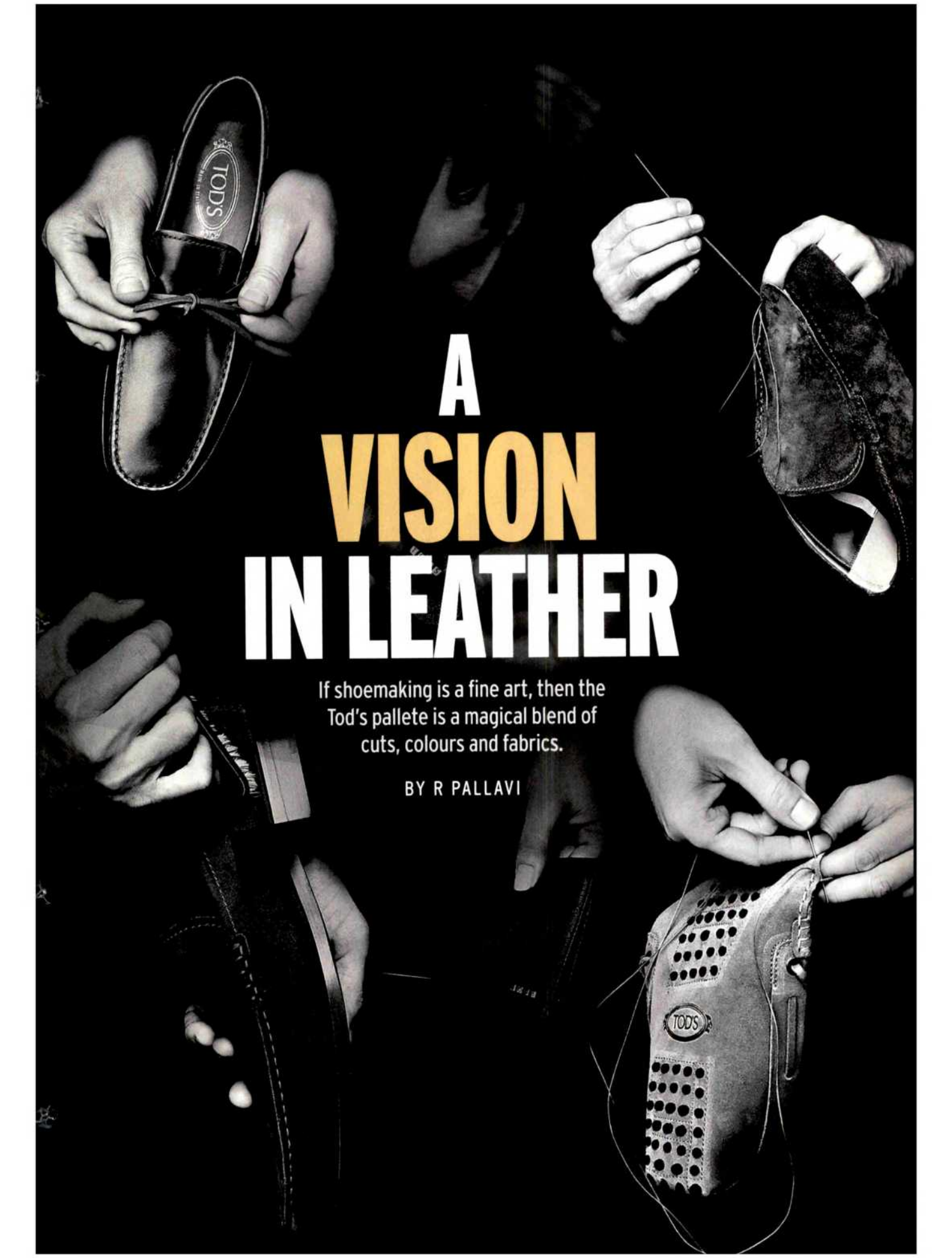
er from in your fifties.

Runners should think about switching to walking, especially if you've picked up injuries. However anyone who has seen the 100-year-old Fauja Singh run marathons knows that it is quite a safe sport. Still, get help from your orthopaedist while picking out a good shoe. And try to run as much as you can on sand or grass to reduce the impact on your hips, knees and ankles. Swimming and biking are safer, low-impact options. Make sure to clear any exercise program with your doctor before you begin.

NUTRITION

If you haven't cut out cholesterol and fatty foods, do it now. You are increased risk of heart disease in your 50s. Avoid red meats; try fish and turkey. Eat calorie-heavy meals earlier in the day. Fruits, vegetables and fiber are your best friends. It's also advisable to take supplements after consulting a doctor. Your body is less able to process the minerals and vitamins it needs and you could use the help.

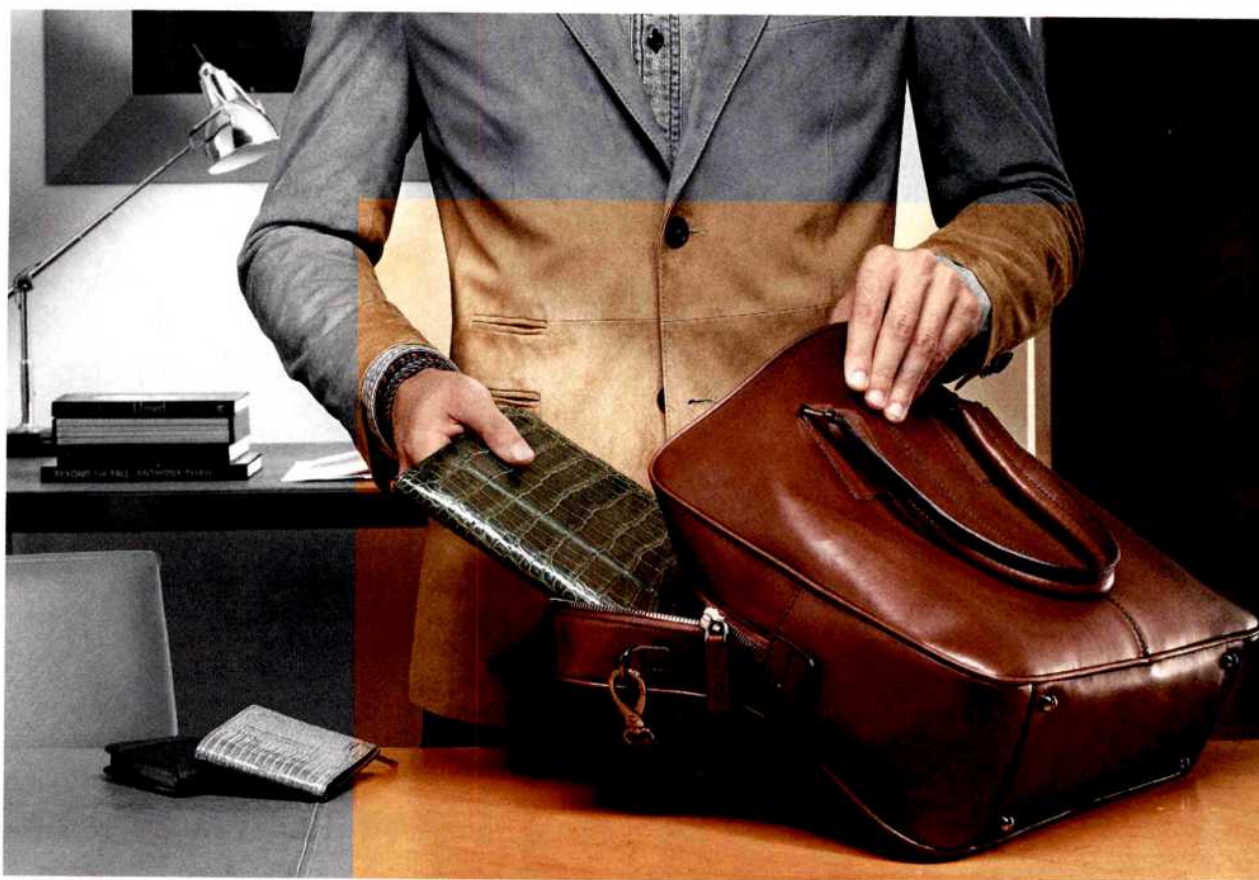
US NATIONAL INSTITUTES OF HEALTH



A VISION IN LEATHER

If shoemaking is a fine art, then the
Tod's palette is a magical blend of
cuts, colours and fabrics.

BY R PALLAVI



The leather tote bag and crocodile skin notebook from TOD'S Spring/ Summer 2012 collection

We made Italy, now let's make Italians'. When statesman Massimo d'Azeglio remarked on the political consolidation of the Italian kingdom in 1861, he stressed the need to build a distinctive identity for its people. Caught between contradictions of religiosity and industrial liberation, the country's character was far from definitive and often exposed to external influence. This was particularly evident in its then dormant fashion industry.

The luxury of French labels eclipsed the aesthetics of local dress-makers. Their fine tailoring and detailed embroidering were reduced to imitating and modifying French designs. It was only in the fascist era of self sufficiency that the government decided to develop the *La Linea Italiana* or Italian style. All fashion

houses were compelled by law to model 25 per cent of their output on the original peasant dress and bear the trademark *Ideazione e Produzione Nazionale* (conceived and made in Italy). Timed perfectly, this upsurge took place at a time when the world was tiring of France's stylistic domination and craved a new spirit. With its centuries' old custom of craftsmanship, Italy entered the field, and changed the face of fashion. One brand that has stayed true to the spirit of 'Made in Italy' with quality craft is Tod's, the luxury shoemaker.

Men's shoes have always been grounded in practicality. If industry rubber toughened them up for warfare, walking on snow led to perforated brogues. So, while the accessory did what it was supposed to, it skipped the equally important attributes of comfort and aesthetics. That's the void Tod's has since strived to fill.

In the late 70s, the brand's mentor and CEO Diego Della Valle acted upon the need to craft a graceful shoe. This led to the birth of the iconic Tod's Gommino loafer.

Crafted in hand-brushed vintage suede, this soft leather lace-up was given an outdoorsy edge with a stur-

APART FROM LOAFERS,
THE NEW COLLECTION
FEATURES HAND-BRAIDED
BRACELETS, CROCODILE
SKIN WALLETS AND SOFT
CALFSKIN CARRY-ALLS

dy rubber dotting on the sole. Offered in most basic colours, this prêt-à-porter leather goody unleashed a vibrant wave on the male wardrobe. The moccasin turned casual into classic and made

the brand recognisable at once. In Della Valle's opinion, such popularity stems from the fact that hand-crafted shoes are a notch higher in wearability and poise, than the machine made ones. Given Della Valle's love for heritage, one would imagine an old world setting with a dispersed bunch of artisans hunched over under focus lights creating remarkable shoes. But, this progressive entrepreneur has since built a brand with technology at the

fore and special attention to the needs of the craftsmen who labour over his designs.

Situated in the heart of Italy, the large windows of the marbled Tod's warehouse look out into the scenic green stretches of the Marche region. The idea is simple: as Della Valle puts it, 'we need to give back to our employees what we put in our shoes'. A clear case of give and take.

Tod's markets itself as a blend of tradition and modernity. It's ware-

house stores a variety of leather, sourced from the world's best tanneries. From faded camel skin to lustrous alligator hide and intricate hand-braided ones, the fabric is treated for years before it achieves the right texture and shade. Ruling out any possible imperfection, the experts check each piece for colour, thickness and uniformity. While the shoes are fit with a neat rubber sole designed using the patented '2 island technique', handbags are buckled up with polished chrome clasps.

Today, the men take great pride in an alpha pre-fix. This makes for a perfect pretext for Tod's to chart out its expansion plans, especially on Asian shores. With 24 stores and a regular presence at fashion fairs, the brand has a stronghold in China and is now eyeing India.

The country's only flagship store in Delhi's high fashion district, DLF Emporio, is already attracting the urbane male with a collection that swings to the tune of global fashion weeks. Della Valle notes that since Bollywood and entertainment press are concentrated in the country's financial capital, Mumbai, an active presence here will give the brand a good amount of visibility. They are reaching out to the *crème de la crème* through a personalised home-shopping facility. Also on the anvil is their custom made service, which allows buyers to choose from a variety of leather textures, finishes and shades. The *pièce de résistance* of the season is a reinvention of the iconic Marlin Hyannisport loafer in sober colours, specially designed for the fashion forward businessman.

The brand is now looking to open a factory next to its headquarters. At 16,000 square metres, this is slated to be the biggest production centre of luxury footwear, in the world.

Likened to a woman's boot by most, fashion comes home to Italy in various ways; Tod's is a mere manifestation of this. ■

These casual, ankle-length boots are a sporty fusion of suede and leather



In terms of cuts and colours, these boots match the soft leather briefcase



HEALTH SNIPPETS



Sleeping Sickness

New research suggests frequent night shifts and jet lag increase your risk of diabetes and weight gain

Can working in shifts and constant jet lag increase your risk of obesity and diabetes? Yes, according to a new survey. 21 men and women volunteered for a Harvard Medical School study which controlled how and when they slept, ate and exercised for five weeks.

Participants first started with 10 hours of sleep each day, which was then gradually reduced. Over time, they were also asked to sleep and wake up later to mimic change in time zones. Eventually, the participants were sleeping during the day and awake at night. Researchers had effectively simulated both working in shifts and frequent time zone changes.

Tests confirmed the worrying hypothesis. Over the five weeks, participants' metabolic rates fell 8%. Over a year, this metabolic slowdown could mean a four kilo weight gain if diet and exercise habits remain the same.

There was another fallout. The reversed sleep cycle (sleeping during the day) and reduced sleep time also hit insulin levels. After three weeks, participants produced about a third less insulin in response to meals. Blood-glucose levels rose sufficiently to label the participants' pre-diabetic.

So if you travel abroad often or sleep fewer than 6-8 hours, try and change the pattern. Besides waking up groggy, the long-term effects are dangerous for your health.

SUPPLEMENT MYTHBUSTER

Are you considering taking supplements? Here's a checklist to do so safely.

First, watch for extravagant claims. If it sounds too good to be true, it probably is.

Remember, most celebrity testimonials are paid for. The endorser may only be making claims for the pay-check.

While a little is good, more is not always better. In fact, having too much of some vitamins and minerals can also result in diseases or side-effects.

Finally, don't fall for terms such as "all-natural", "antioxidant-rich", "clinically proven" or "anti-ageing". Check scientific data of these products to verify their claims.



POWER BREAKFAST IDEAS

Veggie Omelette and Berries

Use two eggs, a little spinach and chopped tomatoes. Also eat half a cup of berries. This meal is rich in protein. The berries add a sweet touch and are chockful of anti-oxidants.

Oats and milk

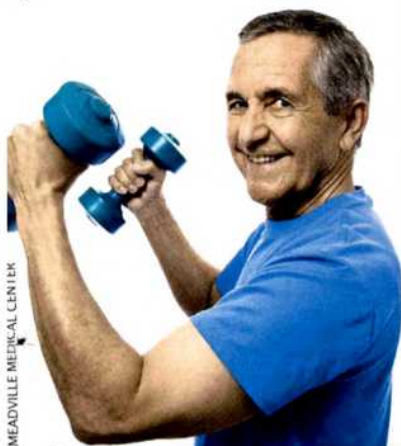
Cook half a cup of oats in one cup of low-fat milk. Top with dried fruits and nuts. Oats are full of carbohydrates, vitamins and fiber to keep you energised longer. Milk adds protein and calcium, while the toppings provide flavour, natural sugars and the good kind of fats.

Fruit and Milk

A bowl of fruit is the most nutritious start you can get. They're full of vitamins, fiber and natural sugars. A glass of low-fat milk (with a bit of flavouring, if you like) gives you protein and calcium, without extra calories. What's more, it needs zero cooking skills.

Fruit & oatmeal

Blend an apple, banana, three tablespoons oatmeal, a tablespoon honey and half-a-cup of milk. This drink is loaded with nutrients and fiber to keep you full through the morning. It's also ready in less than five minutes.



Exercise Can Help Fight Parkinsons

Here's another incentive to exercise regularly. Recent studies have found that regular physical activity can aid in the fight against dreaded Parkinson's disease. Specifically, scientists identified two benefits.

One benefit helped reduced the risk of the disease, while the other benefit helped sufferers live a more normal life for longer periods.

First, physical activity—particu-

larly in early stages—helps build strength, balance and endurance. These help patients later on when the disease takes reaches particularly debilitating stages. Scientists also found that patients who were in good shape scored better on thinking and muscle control tests and had a higher chance at a longer life. Finally, they found that vigorous exercise has a "protective effect" on brain tissue.

ARE E-BOOKS BAD FOR YOUR MEMORY?

A study at the University of Leicester in England has found that good ol' paperbacks may hold a small edge over e-books when it comes to learning. Researchers found e-book users required more repetitive reading of the same text and more testing to imbibe what was on 'page'. The reason is something scientists call 'method of loci'. For example, remembering the location on a page where a particular anecdote or data point was mentioned helps in remembering the fact itself. E-books, such as the early Kindle, for example, simply scrolled through text and only showed the percentage already read. The page itself was endless. Printed books instead, give physical reference points - the page number or position on a page.

"Human short-term memory is extremely volatile and weak," says one of the scientists. "That's why there's a huge benefit from being able to glance [across a page or two] and see [everything] simultaneously."





PRIDE & PARADISE

In Switzerland, every room has a view and every building has a history. Here's how Geneva's Mandarin Oriental took the story onward.

BY R. PALLAVI



On a clear day, the Mont Blanc terrace offers dreamy views of Geneva's snow peaks

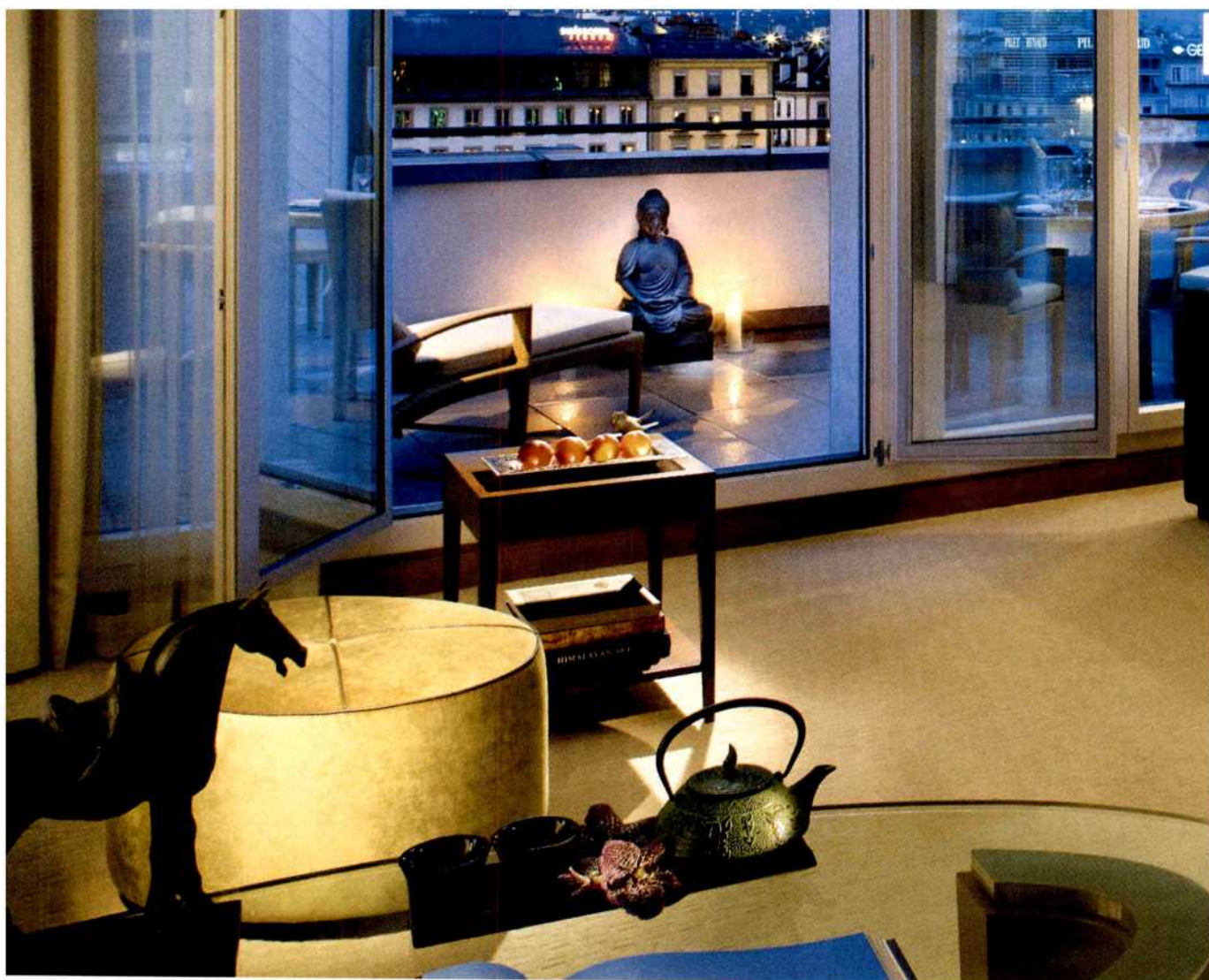
The 50s were not a decade of connectivity or information. But if you were part of an organisation that negotiated peace and progress in a world torn apart by atomic bombs and holocausts, you'd better be there to heed a distress call at any given time. It was this very opinion that Geneva's Hotel du Rhone held as it pioneered the concept of affixing telephones in bathtubs, there-

by becoming an accomplice in the city's power-driven history.

In 1946, when war ended, a spring of peace brought the United Nations to Geneva. The canton that had long been a holiday spot for American soldiers looking to buy watches was now turning into a sanctuary for international ambassadors. A hotel named after the azure river that it stood fronting had thrown its doors open to

the world's political elite. It put itself in the game when it hosted American President Eisenhower in 1955, which was followed by a string of American showbiz icons including jazz trumpeter Louis Armstrong, sex symbol Jayne Mansfield, and the world's favourite Robin Hood Errol Flynn.

With the baggage of history on its able shoulders, it was in the year 2000 that the property was taken over by



the Mandarin Oriental hotel group. The new owners were aware that Geneva doesn't wind down on a post-card rack like other Swiss cities and is instead more recognised for its association with social policy, hyped wealth and expensive timepieces. A powerful environment that's beautiful by chance, what more does a work-cum-leisure break call for? So, the Asian brand pumped in \$30 million and impeccable standards of service to replant a swank business hotel in downtown Geneva.

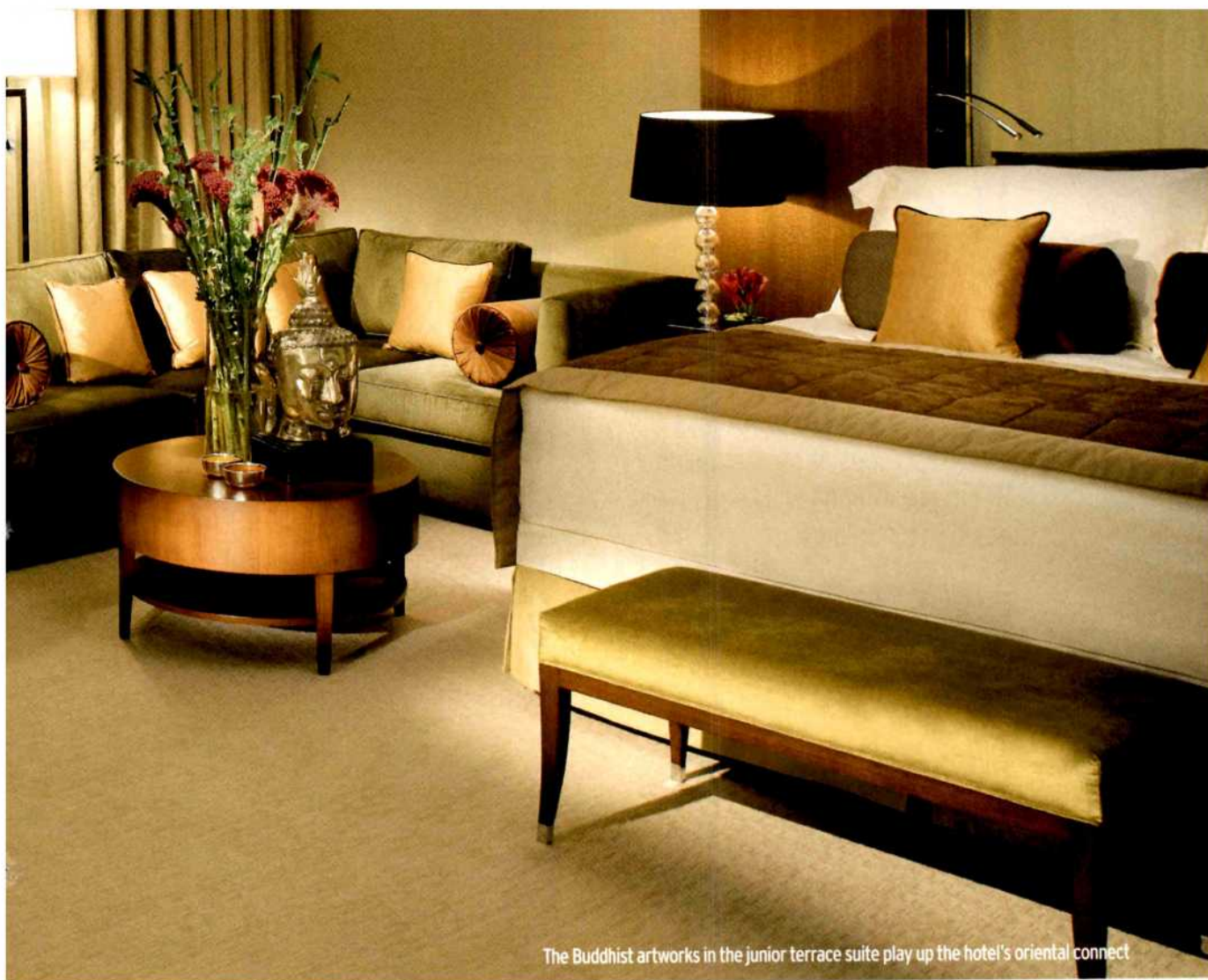
To begin with, the MO's staff is well schooled in hospitality's golden rule of learning to 'never-say-no'. Their chirpy *bonjours* every now and then are an added bonus. Be it replacing a lost key or arranging extra picnic baskets, the service is prompt and almost always with a smile.

The decor doesn't have a particular theme. The lobby setting is more formal, with sparkling white granite floors, the rear of an illuminated wine cellar, and glass boxes that encase exquisite timepieces from Vacheron Constantin, Rolex and Franck and Muller among other prestige brands. As you zip up to higher floors, it gets cosier with beige carpets and wood-panelled corridors.

The high point of your experience though lies in the art-deco rooms, which allow you to breathe in the fresh air that Switzerland is so well known for. The hotel's adroit planning has ensured most rooms and suites revel in river breeze. If you're on a higher floor, anything above the fourth, you'll spot Lake Geneva on your left, the spires rising from St Peter's Cathedral a little ahead of



Savour fruity cocktails and Asian tapas at the MO bar



The Buddhist artworks in the junior terrace suite play up the hotel's oriental connect



you, and rock-ribbed mountains far out. For views of the monarch of mountains, the good ol' Mont Blanc, book the suite that's named after it.

Unlike most hotels in Geneva, the MO doesn't bore you with French gourmet, especially if your stay is a long-drawn one. India's star chef Vineet Bhatia has worked his charm into Rasoi which lends a tandoori warmth to Indian gastronomy. This Michelin-starrer serves up Indian novelties like the achari pasanda chutney au crabe, risotto khichdi au broccoli and biryani au poulet.

For the business minded, there are sprawling banquet halls for seminars and several smaller ones for meetings. The usual cluster of office equipment like projectors, printers and laptops won't catch your eye, but Paul Smith-inspired striped carpets

and ornate crystal vases adorned with hyacinths certainly would.

Business runs on confidence and confidentiality, so there's a conference room in the presidential suites and a private elevator that whisks you straight in. On a lighter note, corporates can bond over power breakfast or cocktails by the bar.

The experience comes full circle with an excursion customised by the concierge. This could be anything from a trek to the snow clad peaks of Chamonix to a wine-and-cheese trail in the neighbouring cantons, or just a bicycle tour around old town.

Whether you're lucky to be here on business, or even luckier to have left the business back home, the MO will make you remember Switzerland the way it should be; for all the good things in life.

KEEPING TIME

As the world gets set to witness the biggest races at the Olympics, watchmaker Omega will keep time on the sidelines.

BY PRACHI BHUCHAR



The Seamaster 1948 co-axial has been relaunched for the 2012 Games



In the 1948 Games, the touch pads developed by Omega were used by swimmers for the first time.

A sepia-tinted image captures the essence of the moment as men in bowler hats and stop watches keep time at an event that is celebrated as the definitive sporting event of the world: the Olympics. Over the years television, and now the internet, has changed the way the sport is viewed and the sepia has been replaced by colour-me-sharp images that are paused, rewind and fast-forwarded at whim to relive the magic of movement as a sinewy muscle strains to break limits and set new records. Watchmaker Omega has always loved sport and understands the nuances of milliseconds changing lives better than anyone else. From moon walks to deep sea diving and the Olympics, almost every model created by the brand bears the distinct mark of sportsmanship. In 1931 the brand created the first diver watch in the world which had a double case, sapphire crystal and a strap made of salt-water-resistant seal leather. This initial model underwent many changes and was soon replaced by the chic Seamaster. This remains one of the brand's best-loved

timepieces. Its Speedmaster became the first and only watch to make it to the moon and was declared by NASA as the official watch for American space missions.

In 1932 Omega became the official timekeeper for the Olympics for the very first time. Those first tentative steps saw its stop watches measuring time to one-tenth of a second which was a significant achievement given how basic sport timekeeping was. No one then knew how technology would change and challenge human limits but over the last few decades the brand has worked closely with athletes to identify bottlenecks in timekeeping. Simple innovations like the introduction of an upgraded photo finish camera which was first used in the 1992 games and was able to digitally measure time to a thousandth of a second, changed the face of timekeeping and reduced squabbles over inaccuracy as human error was minimised by the use of machines that were created for this purpose.

Peter Hürzeler, board member, Omega and someone who has officiated at timekeeper over 15 Olympics is eager to explain that the 2012 Games will be different. It's a



The starting blocks developed by the brand have gone a long way in detecting false starts

typical London day with bone-chilling cold and rain that reduces your lovely suedes to mush, but as we lay foot on the track where the greatest races will unfold, starting end-July, the weather is forgotten. According to Hurzeler, who showcases the latest innovations to a bunch of eager journalists from around the world, "While technology keeps evolving, the bigger challenge is to understand how the Olympics are changing and keep pace with that. Our role becomes crucial

AT THE LONDON GAMES, MORE THAN 450 ON-SITE PROFESSIONALS WILL WIELD THEIR POWER AS TIMEKEEPERS

because the athletes spend years training and it is a shame if the timing system lets them down in any way."

The London outing will be especially taxing on athletes on the track as the zero tolerance for false starts rule plays out. A wrongly flexed muscle that twitches a millisecond before the whiplash of the firing gun and

home you go. That's where Omega's new starting blocks and electronic gun come into play and can be the difference between victory and death for athletes. Since the sound emitted from the gun travels at the speed of sound, earlier, the athlete closest to it had a mini advantage over others as he/she heard it first. The new starting system created by Omega has loudspeakers behind each athlete, ensuring that the noise is heard by everyone simultaneously.

Also, instead of putting the onus on human judges, starting blocks have now been fit with pressure pads that measure an athlete's reaction time. Once the gun cracks, the athlete needs to hear the sound, process the information and relay it onto his tense muscles to move. This reaction time, set by the IAAF, is at 100 milliseconds, or one-tenth of a second.

At the London Games more than 450 on-site professionals will be wielding their power, supported by over 800 volunteers and of course the incredible technology that is the result of years of research and collaboration by the brand. It is the

company's painstaking reputation for being a stickler that has stood it in good stead. With ace swimmers like Michael Phelps and athletes like Tyson Gay and Jessica Ennis as brand ambassadors, Omega has established itself as a clear favourite with athletes, yet it has found itself embroiled in 'conflict of interest' issues in the past.

In Phelps' Beijing outing, his 100 metre butterfly race win was disputed but Omega (the official timekeeper and his sponsor) insisted he won and would not release underwater video images to corroborate this. Stephen Urquhart the company's president is dismissive and says, "People can say what they want but those manning the timing devices are hired by the Olympic committee and there is no question of personal judgment of favouritism when it comes to these Games." Famous last words. As the curtain goes up on the London 2012 games, the world prepares to be dazzled by this great contest where a split second has the might to change fortunes and bring on sudden death in competition. ■

GOURMET CENTRAL



Grilling Session

A swank India Grill Room attempts to amalgamate the feisty flavours of pan-Indian gastronomy with upscale dining. **BY ANUSHREE BASU-BHALLA**

The first impression of the India Grill Room, in Gurgaon, seems to bear a testament to the capital's insatiable appetite and unending camaraderie with kebabs. It is a massive 20,000 square feet of dining space dedicated to appoint the four grilling techniques of Indian cuisine: tawa, tandoor, hot stone and charcoal grill. The decor is a swish setting of terrace and indoor seating—loungers and cane chairs lie strewn outside and formal seating decks the indoors.

India Grill Room serves a page-long table d'hôte menu that lists soups, appetiser and mains, and promises to be a welcome deflection from the regular

sheekhs and curries. It reintroduces an eclectic mix of grilled dishes from all across the country.

Our evening begins with Lucknow's revered galawati kebab, a crumbling mince meat infused with the chef's secret spices. The melt-in-your-mouth kebab packs a punch and leaves a tingling aftertaste of heat on the tongue. A word of caution here, those with a feeble palate might find the assault of the chilli too hot to handle. Next we are served the sikandari raan (tender leg of baby lamb) marinated overnight and cooked on a hot stone. The raan's aroma is the first thing that meets the senses, it is delicious and this time the heat is just

right. The chicken cafreal, a Portuguese-style chicken preparation from Goa, sadly turns out like a regular tikka-masala with an odd coconut infusion. The meen moilee (essentially a Konkani fish) has a good balance of flavour and even calls for an encore. The tabak maas (Kashmiri lamb ribs) is mildly-spiced and sublimely tender.

When it comes to the curries, the grill's experience shines in comparison. The chicken lababdar (more famously, butter chicken) has a runny gravy that lacks the thick consistency of a creamy curry. The Goan fish curry too, is disappointingly sharp. The sweetness of the fish itself is lost in the over-the-top flavours. The dishes that stand out in the mains are the kachhe gosht ki biryani that is redolent with robust aromas of the medium-rare lamb meat, and a rich, texture cooked ma ki daal that goes down well with some freshly made missi roti.

For desserts, pick the kesar-infused shrikhand over gulab jamuns, moong daal halwa and rose kheer. The latter are easily passable. Finish with the warm and mildly flavoured kahwa.



BT MORE RECOMMENDS

- 🍴 Sikandari Raan
- 🍴 Meen Moilee

Meal for two ₹3,000 (taxes extra); for reservations call ☎ (0124)-4477806

Not Just Sushi

Zuma, London, draws the swishest in the city with its contemporary Japanese menu and uber-cool vibe. **BY PRACHI BHUCHAR**

Being drunk on liquor is the norm, but to stagger out of a restaurant giddy on food was a novelty. The Japanese have always favoured clean flavours, small portions and honest cuisine and that food motif has travelled with them overseas into kitchens ruled by sharp food and incisive cuts.

Zuma in London has built itself up as a formidable contender in the contemporary Japanese genre and has a head chef, Soon Li Ong, who values the integrity of quality produce. His dishes are shorn of embellishments that might subtract from the original texture or flavour. The wooden door to his world lies on a quiet residential street (Raphael off Brompton Road close to the flashy Harrods) in Knightsbridge and is likely to catch you off guard. Here, rocky granite is carved into a sushi station that literally sits on crushed ice. The entire look is cedar and stone—rough, earthy, with some smooth edges thrown in for relief. Zuma has the vibe that restaurants sure of

their success sport, and its guests feed off it. The head chef has the ability to awe the eye as he makes each dish look achingly beautiful. When a group of tough looking executives ordered an assortment of sushi, chef Li gave them a dish that highlighted the drama of 'out there' presentation that the restaurant thrives on. From delicately strewn flowers glistening against jagged ice, to using the pliable seafood itself to creative magic, Zuma excels at this art.

The way to order here is to choose a number of small dishes to be shared by two. We were seated at the comfortable sushi bar and started with the crispy fried squid with green chilli and lime. With a hint of sea and the crispness of winter, it was a fine dish to kick off the meal. Next came an assortment of sushi and sashimi arranged elaborately on an ample stoneware dish. We also tried the tuna tartare with miso, myoga and lotus crisps which is inventive, especially the slim crisps. The Zuma popcorn tempura with yuzu salt is a surprise with a

hint of salt and then some sweet as the corn pops through the batter. From the robata grill, the pork skewer with yuzu mustard miso is succulent with the meat cooked just right. The charm of the food lies in the excellent pairing of sauces and condiments with seafood and meat and in the lure of the familiar turned foreign.

For dessert, the chef generously sent us a mixed platter. The earthenware bowl of crushed ice had small-size confections in varying shot glasses. The tropical chawan mushi or egg custard with pineapple, papaya and mango cleanses the palate and prepares you for the denser chocolate-laden treats. The chocolate fondant with caramel, praline and vanilla ice cream (from the tasting menu) is divine and the specially prepared crème fraîche lollipops in colours of the Japanese flag makes you feel 12 again. All this comes with a hefty price tag, though I would recommend you order a la carte which is less expensive.

BT MORE RECOMMENDS

- 🍷 Zuma popcorn tempura with yuzu sauce
- 🍷 Tuna tartare with miso, myoga and lotus root crisps.

Meal for two at Rs 8,000 plus taxes; for reservations ☎ +44



Panoramic views make up for the gaudy green and blue interiors

Innovative presentation of starters highlights great flavours



Your food comes fresh off the grill onto your plate



House of Flying Spatulas

Indyaki at Delhi's Radisson Blu offers Indian dishes, Japanese style. The result is mixed. **BY VAROON P. ANAND**

There's undeniable excitement when you sit down in the high-chair facing the teppanyaki grill at Indyaki, in Paschim Vihar's Radisson Blu. The promise of a re-imagined Indian meal with Japanese presentation arouses curiosity rather than hunger, but the aroma soon takes care of that. Indyaki has two teppan

counters, an open kitchen and a chef unafraid of taking risks. Masterchef Irfan responded to the call to create a brand new concept in Indian cuisine with flair, imagination, and a dash of showmanship that Indians love.

Roti pe boti is a great start. A few small cubes of lamb grilled in a sticky sauce has hints of cardamom and

kewra served on a small, crisp and fluffy bread. For a vegetarian option the chef recommends grilled vegetables. While the dish is an excellent blend of juicy, crispy selections, they need to reduce the quantity of bean sprouts in the dish. Starters aside, the best of the lot are the Karavalli prawns. This is where teppanyaki and Indian flavours come together perfectly: grilled prawns, cooked to precision and served hot, coated in a coconut and mustard mix, and bathed in an accompanying pineapple sauce. It is the perfect storm—a rare combination that results in an unexpected explosion of flavours.

After the high note, however, the concept begins to lose steam and disappointment sets in. The limitations of trying to create an Indian meal entirely on a Japanese grill become evident when the main course starts coming out of the open kitchen's tandoor. The daal bhaati, seekh kangri, and mutton with a pronounced aniseed flavour lack flavour and poise. The sparse spicing possibly caters to the foreign visitors at the hotel. The presentation is nothing to write home about, but the sudden shift to regular dishes destroys the connection the eater has been fostering with the theatrical chef and his earlier dramatic dish presentations.

It's a good thing chef Irfan keeps one surprise up his sleeve that makes up for the stray. Dessert is a fantastic beetroot halwa. Although there are inventive and fun options like Bournvita kulfi, the halwa, a royal hue of purple chukander shaped like a diamond crowned with white flecks of khoya, is a fitting surprise to end a novel idea that would bring anyone back. Indyaki's brave cuisine fusion merits a visit.

BT MORE RECOMMENDS

- Roti pe boti
- Karavalli prawns with pineapple sauce
- Beetroot halwa

Meal for two: ₹2,400-(including taxes, without alcohol)

For reservations ☎ (011) 4639 9999

JUST WINE NO BULL



SOURISH BHATTACHARYYA
Executive Editor, Mail Today

Ego Massage for Wines

Careful when you open a bottle of that red. To enjoy all the flavours and aromas, you need to ease it out of the bottle with a bit of decanting.

ANY celebrated Bordeaux is like a woman who sets your heart aflutter. It won't open up to you, unless you take the trouble to ease it out of its bottle.

I rediscovered this little game of hide and seek that Bordeaux wines play when I invited an Australian friend over for dinner. I opened a bottle of Les Pagodes de Cos 2007. But, like a complete ignoramus, I did not decant it.

A good red wine won't fall into your arms. Like a woman with a mind of her own, she loves to be wooed just as much as she treasures her personal space. There's a ritual to be followed before you serve a fine red from Bordeaux (or, for that matter, Barolo and Barbaresco in Italy, Rioja in Spain, or from Australia's Penfolds Bin family).

It takes a good 45 minutes in a decanter for a full-bodied red wine to mellow and express itself fully. Getting a decanter is easy, but getting the right one is more important. Opt for one made out of light glass; avoid crystal which is heavy and old-fashioned.

The logic of decanting is not hard to grasp. It's important to keep out the sediments that accumulate as a red wine ages. But decanting goes beyond that. It is critical to the mellowing of a wine. Decanting releases a wine from the bottle where it's been held a pris-

oner and brings it in contact with the oxygen in the air.

When a red wine sits in the bottle, the pores in the cork allow just enough oxygen to flow in to let the contents mature gradually. Once the wine is decanted, this process speeds up. The oxygen works on the tannins —the acids in a red wine that give it longevity, but make your mouth pucker when they come in contact with your tongue. A young red wine is said to be closed because the tannins are too raw. They must be mellowed before you can savour the complexity that gives a good wine its personality.

Now, when we opened the bottle of Pagodes 2007, which, incidentally, was the second wine of Cos d'Estournel and, like all second wines, can sometimes be better than the first, the tannins unleashed their acid attack. The wine got better as time passed. But it came into its own only when we were having the last glass.

I could have avoided this if I had decanted the wine 45 minutes before my friend arrived. Ask the restaurant to do this if you're ordering a Bordeaux classic for your family and friends, or business associates. There's no point spending a small fortune on an experience that doesn't leave you with a bad aftertaste, in every sense of the word.



TRACK & WIELD

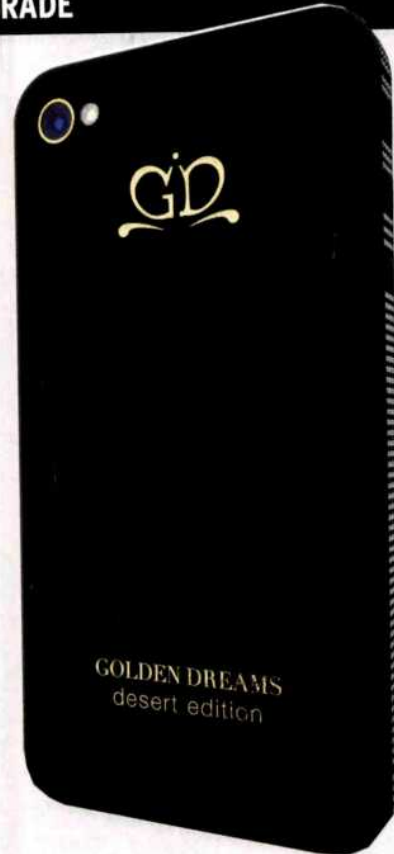
FISHER & PAYKEL COOL DRAWER

Who wants to swing by the kitchen and dig into dripping iceboxes, when spirits can be chilled in drawers. This 900mm easy pull out drawer goes from a fridge to a freezer to an air tight pantry, at the touch of a button. Top drawer, we say.

Price ₹1.99 lakh



UPGRADE



GOLDEN DREAMS IPHONE

An iPhone is only bested by an iPhone that's engraved in gold and diamond. Swiss luxury brand Golden Dreams notched up the exclusivity quotient by unveiling two limited edition iPhones, one studded with 765 Diamonds and the other embellished with Mississippi alligator leather, under their "Desert Edition" tag. Limited to five units each, these palm goodies look regal in polished Mississippi alligator.

Price CHF 18,500 (₹10.69 lakh)

CHRISTIAN LOUBOUTIN LOAFERS

Branded as the Daddy Panama loafer, the shoe is crafted from Panama-woven cotton fabric and is held together by a delicate tassel detailing. With a sharp black and gold animal print, this daddy is designed to rule the runway. Price: \$995 (₹54,440)





BREGUET MARINA ROYALE

The brand that unleashes its whimsical timepieces on Switzerland's watch fairs every year, has now re-incarnated its nautical stunner from 2009 in solid white gold. The nucleus creates an optical illusion of ocean waves in hand-engraved silvered gold. The aquatic spirit is further played up by the blued roman numerals and luminous dots. Studded with 36 jewels, the timepiece embodies Breguet's ornamental charm. Giving it a virile edge, there's an alarm that promises immaculate functioning, even 300 metres under water. **Price on request**

GIVENCHY PLAY SPORT

Some men lead by principle, others just smell great. The new musk-based fragrance from Givenchy has been spiced with amyr's wood and pepper notes. To even out these heady tones, there are slight hints of lemon leaf and mint that leave you smelling good through the day. Whiff to believe. **Price on request**



SWAROVSKI WHITE PEARL

If you care for beauty with brains, this is just the thing for you. Studded with over 200 sparkling white crystals, the ball pen opens in the middle to reveal a 4GB USB key. **Price ₹4,400**



TUMI DUCATI COLLECTION

Tumi has tied up with Ducati to produce a bold, racing-inspired design in luggage that defines sophistication and durability. The assortment includes the Multistrada laptop messenger, Actuator sport duffel, Deso small flap cross-body, and Evoluzione international carry-on. **Price range ₹9,500 to ₹55,000**



SAMSUNG INTERACTIVE TV

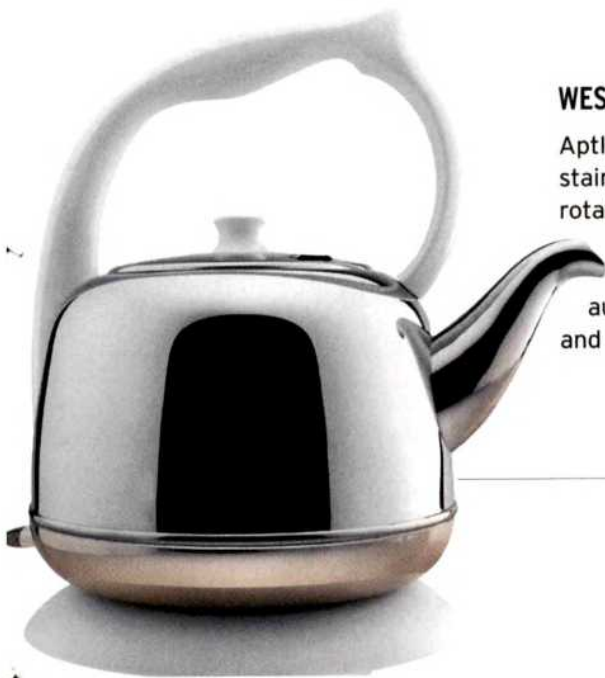
Samsung's new smart TVs enable you to experience over 1,500 apps through the new Smart Hub that features a simple and more personable user interface. The blu-ray home theatre system and vacuum tube amplifier take the television experience a notch higher. Well, a TV that responds to voice or motion controls makes you wonder why the device was ever called the idiot box?

Price range ₹37,700 to ₹273,000



WESTINGHOUSE KETTLE

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ETRO SS12 LEATHER BAG

Nothing short of a leather invasion, this holdall from ETRO is a symmetric patchwork of crocodile, cowhide and camel skin. The faded strips of blue, grey and green give it both vibrance and depth. Quite a bagful. Price on request



BT More MY STUFF



KAMAL NANDI

Executive Vice President, Godrej Appliances

MIND SPACE

Books Draws inspiration from the wise words of Dr Brian Weiss in *Many Lives, Many Masters* and that of Jim Collins in *Good to Great* **Media** Keeps himself abreast with world news through BBC **Playlist** A Denon stereo spins out old hindi classics

HOME IMPROVEMENT

Drives Volkswagen Passat **TV** Enjoys socially relevant cinema like *Taare Zameen Par* on his Sharp LED TV **Fitness** Keeps fit on a Kettler Treadmill
Art Appreciates the aesthetic charm of Egyptian and Rajasthani paintings



VANITY FAIR

Fragrance Armani, Boss **Shoes** Pavers England for work and Inc. 5 for open collar evenings **Shirts** Austin Reed, Louis Philippe
Suits Made-to-measure Reid & Taylor **T Shirts** Tommy Hilfiger and US Polo Ralph Lauren

MY FAVOURITE THINGS

Laptop Uses a Dell Latitude for work and a Blackberry Playbook on the go **Timepiece** A Swatch for meetings and a Tommy Hilfiger on relaxed days **Handheld** Blackberry



IN GOOD TASTE

Beverage Feels refreshed with a tall glass of ice tea **Spirit** A chilled bottle of Corona beer and Reds from the Indian winery Chateau Indage **Restaurant** Loves to eat at Oh! Calcutta in New Delhi and Bombay Blue in Mumbai

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Patrick O'Brian,
"Blue at the Mizzen", 1999



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Choose from a slew of essential add-ons to accentuate your look



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On Your First Cruise

Gautam Chadha, Chief Executive of Turin Travel Marketing, on making the most of this voyage.

MAKE THE CHOICE

There's a cruise for every interest and mood. Celebrity Cruises has an emphasis on gourmet cuisine in plush ballrooms, features spacious rooms fitted with luxury wellness and entertainment options, and a personal service with a near 2:1 guest to staff ratio. The Royal Caribbean International offers an array of recreational facilities like rock climbing, surfing simulators and cantilevered whirlpools suspended 112 feet above the ocean. For seasoned travellers looking for destination-immersion, the Azamara Club Cruises which allow you to reside with the locals.

SEAL THE DEAL

Cruising is great value for money. When

you're on board, nearly everything is taken of, from the hotel and dinner reservations, entertainment and shipboard activities and even car rentals. Check the websites for free upgrades, and reduced rates on companion cruises are put out occasionally.

WHAT TO PACK

The weather alternates between windy and sunny so throw in your Hawaiian printed t-shirts, shorts and swimwear, and generous amount of sun-tan lotion. Carry a windcheaters and light sweaters for the evenings. For formal dinners, pack dinner jackets and trousers or your country's traditional dresses. Tuxedos are available on rent. The onboard voltage is normally

110/220 volts, so bring along an adapter.

ETIQUETTE TALK

The cruisers should refrain from playing boom boxes or loud radios, and using roller blades and skateboards on board. All guests must attend the mandatory muster drill and follow all other safety instructions issued by the Captain. Gratuities may be paid in the following ways: tips for the staff should be added on your reservation or your onboard Sea Pass account or just handed by cash at the end of the cruise.

THE EXPERIENCE OF A LIFETIME

An Alaskan cruise takes you through protected waters of the inside passage. The sight and sound of Hubbard glacier's calving and that of ice chunks breaking off, will stay fresh in your memory forever.

The writer's company is the India representative of Royal Caribbean International Ltd.



Basics of Online Healthcare

It began with e-tickets, then moved on to paying bills and managing bank accounts, and finally fashion. The new buzzword on the internet is healthcare. **Prachi Agarwal**, founder of the online service Fitho Weight Management, shares a guide to the new age trend of healthcare on the web.

What's good? You may procrastinate over making that trip to your doctor, but a service that's available on your phone or tablet on the touch of a button will keep you gripped even while you're on-the-go. Intuitive features are especially programmed to follow the same series of symptom checking and analysing that health experts follow to understand what the problem is. Each person has

unique health needs, but once the problem is outlined, the cure is customised and relayed using interactive online tools like simulators and feedback forms that provide a personalised experience.

What's not? There are an abundance of fraudulent websites. The only way you can tell an original from a fake is by painstaking research and cross-questioning the experts before they recommend any treatment. Online healthcare won't work well for injuries which require immediate care and also may not make sense for persistent problems. **Quick Tip** For weight management, one should log on twice a day, once before heading out to work and once again before bedtime.

THE RIGHT HEADPHONE

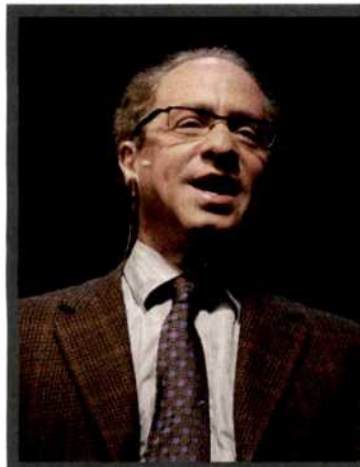
Bobby Joseph, Country Manager at Plantronics India, helps you pick out the right headphone.

- Busy beavers should opt for headsets that feature a good sensor technology that answer calls automatically or transfer calls back and forth between the mobile and headset, saving manual effort and maximising efficiency.

- Smartphone users should go for sleek and lightweight headsets, so one can keep them on for hours comfortably while they listen to music, upload podcasts or play addictive games.

- Headsets with good battery life that can hold up from one week to five months are recommended for travellers.

- For movie-viewing on tablets and home theatres, noise cancelling headsets with stereo effects will do the trick.



SOUNDS LIKE YOU KNOW ABOUT RAY KURZWEIL

The American futurist applies Moore's law to technology and propagates the Law of Accelerating Returns, according to which an exponential growth of technologies like Artificial Intelligence will improve memory and increase life expectancy.

He terms the future as 'singularity' and a realm where everything from our business models to our cycle of life and death will be irreversibly transformed.

His book *The Age of Intelligent Machines* (1990), predicted the demise of the Soviet Union due to modern equipment like cell phones and fax machines. And, In 2005, Gorbachev confirmed to Kurzweil that an easy exchange and access to information fostered democracy

About 75 per cent of his predictions have true. If his streak continues, a younger Kurzweil will see you in the future with organs functioning on nanotechnology.

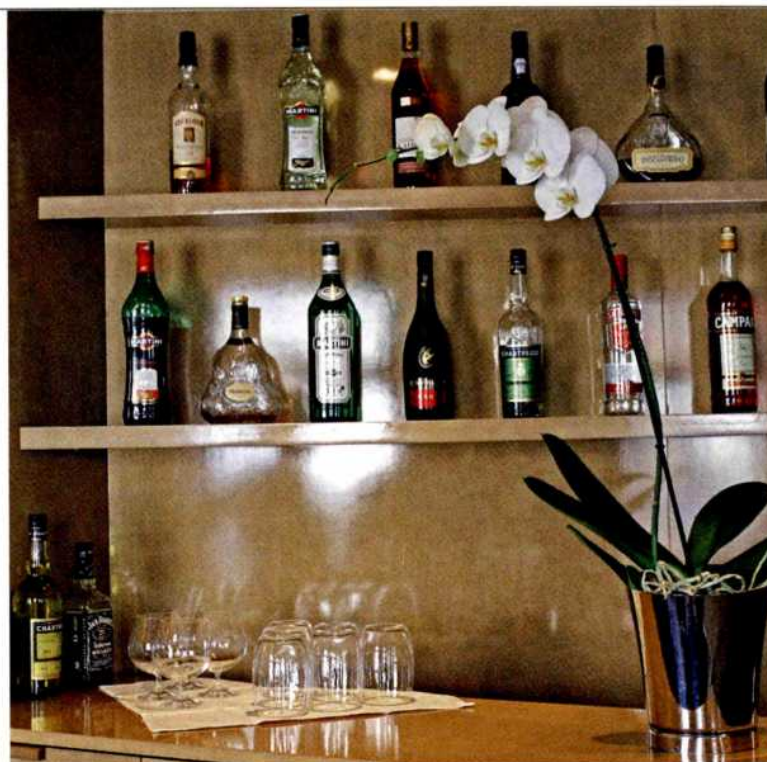
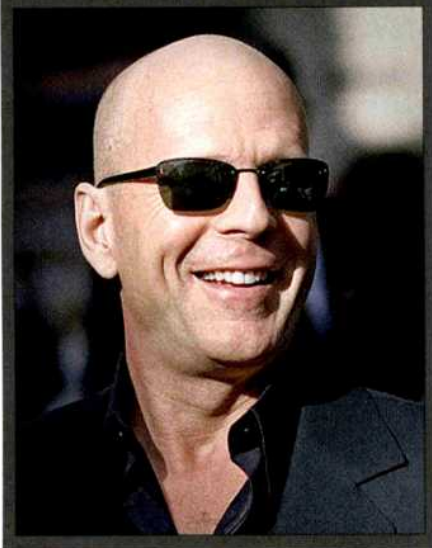
SPORT A SHAVED HEAD

When Bruce Willis entered American homes with his ABC series *Moonlighting*, everyone thought he was charming. Then he married Demi Moore, which was a good move, but over time, we noticed him sporting baseball caps. The buzz was, he's losing his hair. But mercifully, he figured the trick out: flaunt the bald proudly. From there on he went on to be seen as more than just an action hero, even a well-rounded sex symbol. So if you are losing hair or just want to come clean, here's the way to go.

Man Up and Own Up While there are a lot of cosmetic ways out of baldness, fighting Mother Nature, as we all know, is in vain. Stop being in denial; face your bald patches and embrace them as a man.

Shave-off the Fear Start with an electric trimmer like the one your barber uses. Once you've sheared the denser areas, it's time to close the deal. Lather up with shaving gel and use your regular razor. Start at the top and shave down along your skull. Leave a light stubble on your face. It keeps the attention off the bald patch: your head.

Upkeep is the Key From now on, treat your head like your face. You'll find it's way easier. Just think of all the money you'll save on haircuts and shampoo!



HOW TO STOCK UP YOUR HOME BAR

Ankit Negandhi, mixologist and owner of Mumbai-based Barwings Hospitality shares tips on stocking up your personal bar:

KEEP IT SIMPLE

While there's nothing wrong with investing in an expensive label, don't go for the bottle unless you know the spirit well. Also, for your home bar the main consumer is you. Spending a fortune on something that one would hardly savour over a weekend isn't worthwhile.

START SMALL

While your boatload of money may buy you every kind of liquor in a store, it's wise to start small with a broad variety of spirits that will go off the bar shelves easily. Whisky, vodka, rum, gin, tequila, beers, and wines (a couple of cabernet sauvignons and chardonnays) are the safest bets.

KNOW YOUR GUESTS

A week before throwing a party or just having some guests over for

dinner, find out what their spirit preferences are and stock up accordingly.

DON'T FORGET THE BAR TOOLS

A bar is incomplete without a cocktail bar set that comprises of a Boston shaker, bar spoons, a muddler, a strainer, and a pour spout. Invest in an easy-to-clean and durable one.

MIXERS AND GARNISHES

You'd need crushes and syrups like kiwi, strawberry, sugar syrup. Keep some fresh fruits like apple, watermelon, and orange, etc. Also stock up on garnishes and mixers like ginger, lime, mint, tonic water and packaged juices.

BAR ACCESSORIES 101

Finally, you'll need the proper tools for the finishing touches. Invest in martini glasses, rocks glasses, red wine goblets, tall glasses for cocktails and mocktails, beer mugs, champagne flutes, toothpicks for olives, and napkins.

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COLLECTOR'S OUT



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Shoe Stopper

He's been dressing the urbane man for quite some time now. Karan Johar's business partner in the fashion industry talks shoes

The life of a shoe mirrors that of a man; there's a pinching arrogance initially, experience then eases it into comfort zones, and finally it lives to tell a story of travel and adventure. If we talk classics, I recommend the Salvatore Ferragamo classic calfskin brogues, the Tod's Gommino loafer, Gucci's glossy leather shoe with a brushed-gold buckle, Paul Smith's striped sneakers and Bottega Veneta's iconic Intrecciato-weave-design driving shoe.

In terms of styles, brogues (or Oxfords as they are popularly referred to) are the last word in formal shoes, one which no man can go wrong with.

Breaking the monotony of neutral shades in a corporate man's wardrobe, loafers bring in just the right amount of colours. For a relaxed evening after a day of running about, one should slip into comfortable lounge-wear. This could include leather slippers and sandals in soothing colours like brown, cream and grey. For days better spent at golf courses, one's collection must boast of a few pairs of spunky leather and fabric sneakers. Finally, one should have at least two good pairs of rugged boots that stick it out on jungle safaris and bike trips into the mountains.

Just as a bespoke suit fits and feels like heaven, a made-to-measure shoe is

a yardstick in comfort and class. Shoemakers like Ferragamo and Gucci are adding that bounce in your walk by offering exclusive pieces where the stitching, leather tanning and hues are yours to choose from.

Luxury shoe brands like Paul Smith and Tod's provide shoe-care kits that comprise of beeswax apart from the right buffing and application apparatus. It isn't wise to use one brand's kit on another's shoes. Stick to what comes with the shoe and follow the instructions suggested. A moisture free stowage and a cleaning session after every couple of weeks is recommended for the long life of your shoe.



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Celebrating Audacity

The Joana Vasconcelos exhibit at the Palace of Versailles infuses decadence with creativity

The French Palace of Versailles is hosting a series of contemporary art exhibitions on its premises with the work of Portuguese contemporary art painter Joana Vasconcelos, who will be displaying her works inside and outside the Chateau until the end of September. The artist compares the world to an opera, and her work furthers the theme by dressing mundane objects into flamboyant, eye-catching installations. Versailles embodies the aesthetic of her inspiration. Merging as one with the artist's theatrics, each work of art has been developed to blend seamlessly into its environment.

The vibe of the palace gravitates between reality and dreams, and artist Joana Vasconcelos bridges the lapse in



LUXUO.COM

time between then and now, transferring the exuberance and grandiose of the palace to the current century.

Vasconcelos is the first woman and the youngest artist to exhibit her work at Versailles. Her installations include *Royal Valkyrie*, a handmade woolen crochet work; *Gardes*, made with Port Laurent marble; *Lilicoptere*, a Bell 47

helicopter with ostrich feathers; *Marilyn*, made using stainless steel pans; *Pavillon é*, made with wrought iron and *Blue Champagne*, a soaring structure made with Pommery POP Champagne bottles. Fascinating, audacious and beautiful all at once, the exhibit adds an element of theatre through still life. A must visit for all.



An Island All Your Own

No man is an island, but some can now own one. An Austrian firm owned by Hungarian-born Gabor Orsos has come up with a similar albeit innovative concept to owning a yacht — owning an island. Orsos Island as it will be called, will not have an engine, but can be towed and anchored at different spots depending on the owner's prerogative. Spanning a spacious 1,000 square metres of living

space, the island has been designed to combine the best of land-based real estate and the mechanism of a super yacht at reduced costs. Now the mega-rich can own a home that is a portable, man-made floating island, all for the price of \$6.5 million. Slated for completion in another two years, it definitely sounds like the next big investment for those with the mega bucks. Anchors aweigh.

ALL DOLLED UP

For fans of the animated series *South Park*, this product will make for the perfect little addition to your collection of the series' memorabilia. One of fashion's biggest names, US designer Marc Jacobs, has crafted a special Muscle Man Marc doll based on a character that appeared in an episode of the long-running show. Measuring 30cm high, the doll made a first appearance in the episode titled '1%' during the 15th season of the show. The shirtless doll character made an appearance to console the character of Eric Cartman when he is being mocked by his classmates for scoring low in a national fitness test. An unlikely collaboration between fashion kingpin Marc Jacobs and the creators of the series, it is a testament to the success and influence of the show over the years. The doll is available in Marc Jacobs boutiques and on the brand's website as a limited edition piece for \$125.



One Good Apple

Think twice before disposing of your gizmos, they might be worth a fortune in a decade or so. A rare first model of the *Apple 1* computer—a clunky device bearing no resemblance to the sleek Macs today—sold for \$374,000 at a Sotheby's auction in New York. The winning bid was more than twice the pre-sale estimate, the result of a two-way bidding war won by an anonymous telephone bidder. Created in 1976 by Apple co-founders Steve Wozniak and Steve Jobs, the *Apple 1* was the first of genius Steve Jobs' commercial career. It is believed to be one of 50 surviving models, of which only six machines are still functional.

THINGS TO DO THIS MONTH



DUBLIN HORSE SHOW

The Dublin Horse Show is an institution in itself. It is a celebration of the best show horses and international show jumpers competing for top honours. A highlight each summer, thousands of people gather to enjoy the races and a wide range of activities including live music, food, drink and more.

Website DublinHorseShow.com

NOTTING HILL CARNIVAL

The streets of West London come alive every August bank holiday weekend with Europe's biggest street festival—the Notting Hill Carnival. The Caribbean theme of the event sees the streets packed with bands, Calypso music and tempting food stalls, pulling everyone into this huge party. Held on August 26 and 27.

Website TheNottingHillCarnival.com



READING FESTIVAL, UK

This long-lived festival favourite will take place between August 24 and 26 in both Reading and Leeds. featuring both veteran and modern acts such as Foster The People, The Cure, Paramore, Florence and The Machine and Foo Fighters amongst others, it remains a music-focused rock festival.

Website ReadingFestival.co.uk



SYDNEY FASHION FESTIVAL

The Mercedes Benz Fashion Festival in Sydney will be held from August 22 to 27 will showcase the latest fashion from all around the world. This glamorous event is held at the Sydney Town Hall where patrons can enjoy designer collections and their shows, cultural and celebrity events, VIP entertainment, launches, parties and exhibitions.

Website MbffSydney.com.au/

NEW RELEASES

LIVING IN A SAVAGE WORLD

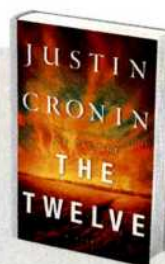
Don Winslow's 2010 novel, *Savages* was so vivid, you could almost picture the movie in your head while reading it. And that's what director Oliver Stone (of *Natural Born Killers* fame) has done with his all-star cast. Combining a wholesome mash of gore, suspense, violence, money, greed and sex, the story starts out fairly light-hearted with the depiction of an unusual three-way romance between two independent pot dealers and their free-spirited girlfriend. Their blissful open relationship, however, is waylaid by a Mexican drug cartel that plans to take

over their business. Enraged by the Californians' refusal, the Mexicans teach them a lesson by kidnapping the girl. A definite must-watch. Starring Benicio Del Toro, Salma Hayek, Blake Lively, John Travolta, Taylor Kitsch and Aaron Johnson.



STEAK 'N' ROAST

Acclaimed artist Damien Hirst, known for his affinity for all things morbid, has decided to challenge the tastebuds of restaurant goers. His creation for the London eatery Tramshed, is a piece from his Natural History collection. Titled *Cock and Bull*, the artwork presents a whole Hereford cow and cockerel preserved in formaldehyde within a steel and glass tank, and is suspended four metres above the ground at the centre of the restaurant. If you're wondering about the relevance of his subjects, here it is: the classical British menu designed by chef and restaurateur Mark Hix, offers diners a choice between roasted, free-range chickens and marbled sirloin steaks. There's no denying, what you see is what you get.



THE TWELVE BY JUSTIN CRONIN

In his best-selling and critically acclaimed novel *The Passage*, Justin Cronin constructed a memorable plot transformed by a government experiment gone wrong. With *The Twelve*, he takes the story further.



THE LEGACY RETURNS

Scheduled for an August re-release, *Bourne legacy* opens to mounting expectations from fans who are skeptical about the replacement of Matt Damon with Jeremy Renner. A promising watch.

THE RETURN OF AEROSMITH

After a very long 11 years, Aerosmith will release an album of original material with *Music From Another Dimension*. Produced by Jack Douglas who has previously worked with the band, this album is said to be closer in sound to their 70's style of music as opposed to the slick material they've been churning out over the last couple of decades. The record has a lot more band-written lyrics than in the recent past, and the first single, *Legendary Child* has already received high praise.



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Discover Dhanachuli

A few kilometres ahead of Mukteshwar stands Dhanachuli, a village steeped in the mysticism of the Kumaon region. To add to the effect, stay at Te Aroha, a fabulous hideaway in the hills.

BY ANUSHREE BASU-BHALLA

As the afternoon Shatabdi Express chugs into Kathgodam, the weather still seems warm for the foothills of the Shivalik range. The jeep ride that follows has all the hallmarks of a hilly holiday in India—winding roads, rhododendron flowers in full bloom, and signs of encroaching urbanisation—only, it isn't any cooler than the searing northern plains. But soon after Bhimtal, and just as I am about to resign myself to the loss of paradise, the setting starts to change. We roll down the window panes and the wind is almost nippy. Budget hotels, settlements and shops thin out, making way for lush foliage of sub-tropical pine, silver-oak, cedar and coniferous trees.

And then comes a moment of instant gratification. As we hit a hairpin bend, we catch a glorious view of the great Himalayas; the fabled powdery peaks of Nanda Devi,

Trishul and Panchachuli, aglow in the evening sun. Mountains can have a magical effect. Just a glimpse of these towering peaks is therapeutic for a tired city-dweller. Rejuvenated, we continue our journey to Dhanachuli, as the sky changes from a brilliant cerulean to a warm tangerine.

The road forks at Bhateli. One stretch leads to the famous pilgrim stop of Mukteshwar; the other to our non-descript destination. Located at a height of 2300m, Dhanachuli is perfect for the summer and doubles up as a winter wonderland. This sleepy village with just 200-odd homes is far removed from the crowded hill stations of Kumaon. I look at my cellphone. It isn't picking up a signal. This is going to be a good holiday.

Te Aroha, my retreat in these hills for the next two days, appears on the last bend to Dhanachuli, its canary-yellow



A gorgeous view of the sun-kissed Himalayas



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sloped roof beaming and inviting. Standing at the gate, I see the various wings of the estate stacked one on top of the other, blending well with the terraced slopes on which they stand. The place has a colonial charm to it—right from the wooden staircase leading up to the main lobby, to the large fireplace fringed by sink-in sofas, and wide, open decks intended for unhurried afternoons in the sun.

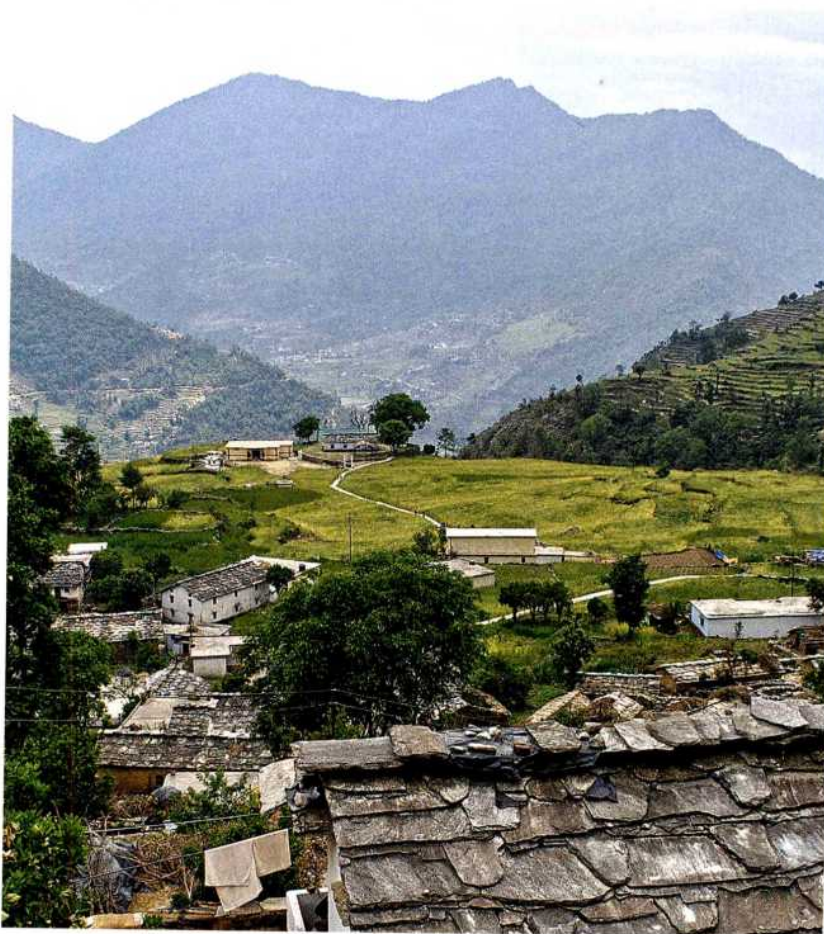
Each of the ten rooms (four suites and six doubles) in Te Aroha come decked in period furniture and are themed. Every piece of furniture, upholstery, and decorative has been personally hand-picked by owners Sumant and Asha Batra. This property, once their ancestral summer home, has been turned into a bonafide boutique hotel meant for discerning clientele. There's no place



WE WALK ON THE NARROW CLEARING THROUGH TERRACE FARMS. EN ROUTE IS A SERPENTINE STREAM CASCADING THROUGH APPLE AND ORANGE ORCHARDS.

for the idiot box in these rooms; only books and travel magazines lay strewn on the coffee tables. Huge glass windows come with glorious panoramas of the Himalayas. These make the rooms sufficiently sun-lit and add to our satisfaction. My room is the spacious Master Bedroom with a stately four-poster bed and an ensuite living room. The small balcony overlooks the valley below. I intend to spend a lot of time here.

The place is truly one-of-its-kind. Consider Cafe Flashback, which sits at the very top of the property. This kitschy museum cafe houses Sumant Batra's personal collection of sepia-tinted film posters and advertisements, original pieces of period furniture, some wooden toys from his





(Clockwise from left) Dhanachuli village with its traditional Kumaoni homes; Cafe Flashback doubles up as a museum for the owner's personal collection of vintage items; Te Aroha is a pretty resort in an untouched leg of the Kumaon hills

childhood, and a fully-restored Lambretta in the centre. Savour the cafe's selection of aromatic teas and coffee, and delicious finger foods while taking in the 360-degree view of the Dhanachuli valley.

The resort is staffed by a team of locals. They have a certain simplicity

about them that's singular to hill-people. The restaurant works on a set-menu basis and sources its ingredients locally. The chef's special preparations are gaderi ki subzi, bhaatt ki dal, and a Kumaoni roast lamb curry that you must have with steamed rice. The food at Te Aroha echoes the rusticity of the region.

The next morning, we set out on a hike into the original Dhanachuli settlement that's located downhill from the village. We walk on the narrow clearing through terrace farms. En route is a serpentine stream cascading through apple and orange orchards. Morning rush hour takes a whimsical twist here—little children in bright red pullovers trudge past us on their way to school. Farmers on their way to the fields, hum local tunes. In the valley below, a cluster of hutments draw our attention. The villagers claim that these are the homes of the first settlers in the region. These long-abandoned

homes are made of indigenous wood and stones. The wooden pillars and beams flaunt intricate floral carvings that must have taken days of manpower. Even after decades of harsh weather, gales, heavy snowfall, and lack of proper maintenance, the structures still stand intact. A chill runs down my spine as I imagine the people and their primitive life in the valley. What made them abandon their homes and this fertile land? No one has a conclusive answer to that. In the midst of the settlement stands a fairly large temple dedicated to a local deity. The temple seems to have been built recently. The sacred symbolism of the place is a tad too blatant for this agnostic's eye.

As we trek back uphill to Te Aroha, I can almost feel the profound mysticism that reverberates in these shadowy mountains. Dhanachuli's fascinating intrigue and Te Aroha's effortless allure have touched a chord somewhere deep within. ■

BT MORE RECOMMENDS

✦ Getting There

The best way to reach Dhanachuli is to take a morning Shatabdi train to Kathgodam station that lies about two hours from the resort. Te Aroha can send a cab to the station to pick you up if requested in advance.

■ Accommodation

Te Aroha is the only upscale boutique hotel here. Rooms start from ₹7,500 a night of twin-sharing basis and include meals.

■ Things to Do

✦ Short treks and nature walks are ideal in this seldom-visited and unspoilt location. A walk into Dhanachuli's original village dating back from 200 years is very interesting. Temple town, Mukhteshwar, is just 17 km away and calls for a visit.

Accessorise This

There's more to an outfit than meets the eye. Success lies in the details, and we show you just how to get 'em right. Follow our foolproof formula to look and feel like a million bucks.

WORDS AND STYLING: HITANI KAUR
PHOTOS: RAJWANT RAWAT



It's commonly believed that a man can be sized-up by his shoes. But with global fashion having upped the ante for sartorial standards, the judgement no longer stops there. For the discerning dresser, it's all about the accessories; what you wear and how you wear it speaks volumes about who you are. From subtle details like a peeking pocket square and gemmed cufflinks at the wrist,

to the bold statement of a pair of patent shoes, it's the fine-tuning that can make or break your look. BT More rolls out a ream of options to complete your look. Ranging from tassels, timepieces and tablet cases to pocket squares, carry-ons and even your chosen writing instrument, choose from a gamut of options to ensure your wardrobe wants for nothing. After all, a winner must look the part.



1. LAPTOP BAG BY PORSCHE DESIGN 2. TIE BY CHOPARD 3. SHOES BY TOM FORD 4. BELT BY CHOPARD 5. WATCH BY ANTONIO BERNINI 6. BRACELET BY PORSCHE DESIGN 7. CUFFLINKS BY ROSE 8. PEN BY CHOPARD 9. POCKET SQUARE BY TOM FORD 10. BELT BY VAN LAACK 11. WATCH BY EMPORIO ARMANI 12. TIE BY VAN LAACK 13. SHOES BY BALLY

1. VANITY CASE BY PORSCHE DESIGN 2. SCARF BY TOM FORD 3. TIE BY TOM FORD 4&5 TIES BY CANALI 6. CUFFLINKS BY VAN LAACK 7. CUFFLINKS BY TOM FORD 8. CHOPARD SUNGLASSES 9. FOSSIL WATCH 10. WATCH BY EMPORIO ARMANI 11. BELT BY VAN LAACK 12. CANALI SHOES



1. BRIEFCASE BY PORSCHE DESIGN 2. TOM FORD BELT 3. SCARF BY PORSCHE DESIGN 4. BALLY SHOES 5. WATCH BY FERRAGAMO 6. WATCH BY EMPORIO ARMANI 7. CHOPARD CARD HOLDER 8. TOD'S SHOES 9. TOM FORD TIE 10. TIE BY VAN LAACK 11. CANALI TIE



1. CANALI BELT 2. TOM FORD SHOES 3. CUFFLINKS BY VAN LAACK 4. PIAGET WATCH 5. POCKET SQUARE BY VAN LAACK 6. CHOPARD POCKET CLOCK 7. SHOES BY CHRISTIAN LOUBOUTIN 8. TIE BY CHOPARD 9. CHOPARD SUNGLASSES 10. BALLY TABLET CASE



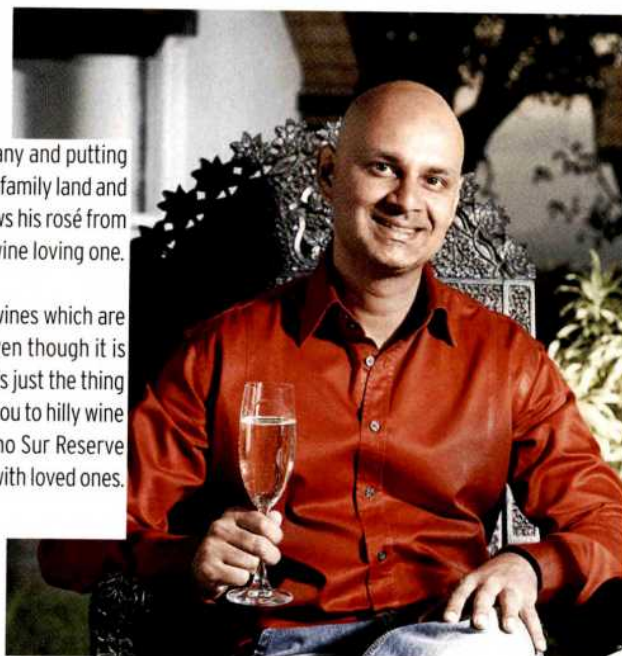
RAJEEV SAMANT

Founder and CEO, Sula Vineyards

About Him What's a Stanford graduate doing in Nashik? Turning it into Tuscany and putting India on the world's wine map. His passion for wine that got him to reclaim his family land and set up a tiled-roof castle overlooking a sprawling vineyard. The man who knows his rosé from his cabernet has now turned a predominantly Scotch-drinking nation into a wine loving one.

Accessories of Life Given the humidity, my cellar features a selection of red wines which are best served chilled. The Kim Crawford pinot noir 2010 is a crowd pleaser. Even though it is refined, light and slides down smoothly, its freshness lingers till much later. It's just the thing to get past that midweek lull. The Ruffino Reserva Ducale 2007 will transport you to hilly wine estates of Tuscany. It pairs well with pizzas and lamb chops. Finally, the Cono Sur Reserve cabernet sauvignon 2010 is rich and full-bodied and is perfect for an evening with loved ones.

“ THERE SHOULD BE A WINE FOR EVERY OCCASION AND MOOD. KEEP A SPARKLING WINE HANDY FOR A CELEBRATION AND A SMOOTH FULL-BODIED WINE TO GET THROUGH DULL EVENINGS ”



In a Man's World

If you know how to accessorise right, making a style statement is simple. Four men who have excelled in their area of expertise share details about their favourite accessories. By R PALLAVI



NAVEEN ANSAL

Business Head, Casa Paradox

About Him If things went as planned, Naveen Ansal would have been a gentleman farmer, managing his ancestral land in Ferozepur. Fate had other plans for the salt-and-pepper haired entrepreneur who went on to marry Raseel Gujral and developed a passion for design and decor.

Accessories of Life Vintage furniture stands for depth and substance. Instead of stocking up your home-space with generic pieces, one should look for meaning. My favourite is a gothic styled chair that's set in high-gloss mocha finish and has a relief carving that gives it a retro-modern look. One can also change the mood of the furniture. I throw in bright and colourful cushions for a feeling of freshness and suede ones with Mughal motifs for a regal feel. The season is about juxtaposing modern antique pieces like chest of drawers against funky ones such as egg-shaped chairs.

“ THE HOME ACCESSORIES TO WATCH OUT ARE HERITAGE PIECES LIKE OTTOMANS, TRUNKS AND SCREENS THAT HAVE A CONTEMPORARY FINISHING ”

VIKAS KHANNA

Michelin-Starred Chef

About Him He could have been another expat chef cooking *chicken tikka masala*. But, hunched over in New York's celebrated kitchens, he chose to be different. The Michelin-starred chef unleashes onto his gourmet entrées, the earthy warmth of his grandmother's Punjabi *rasoi* and has redefined Indian food in the Big Apple.

Accessories of Life Two must-haves in a man's kitchen are a spice-grinder and a cast-iron skillet. The grinder intensifies the flavours of spices, brings out their essential oils. Crushing fresh beans in the morning is a great way to kick start your day. I found a skillet in my ancestral kitchen and have been in love with it ever since. It's a native and healthy way of cooking, as it releases small amounts of iron into your food and soaks up excess oil. It is especially recommended for long-cooking stews, braised dishes and any power breakfast with eggs.

“ IN A MAN'S KITCHEN, THERE'S NOTHING QUITE AS SEXY AS THE FLAVOUR OF FRESHLY GROUND SPICES. SO, BRING IN ZEST AND FRESHNESS INTO YOUR FOOD WITH A GOOD SPICE GRINDER ”



Possession is the strongest desire mankind has ever known; when it's passive it's called inheritance, when it's active it's called war. The reason is simple: what you possess stands as an extension of your character and as a validation of your strength. It is interesting how man's association with his assets starts out as a material necessity, grows into an emotional

union and ends up as an integral aspect of his persona. Well, men will be men and they'll always take pride in their possessions, however bizarre they may be. To find out what the alpha-men of today are showing off, we caught up with a masterchef, a decor lover, a fashion forward debonair and a cricket star. Let's talk accessories and a basic love of things.



ROHIT BAL

Celebrity Fashion Designer

About Him Running his fingers through his outlandish golden locks and giving his almost patented smirk, Rohit Bal was branded the 'bad boy' of Indian fashion in the 90s. Today, he's a seasoned star who's been at the fore of Indian fashion's evolution, seeing it grow from back lane export houses to international Fashion Weeks.

Accessories of Life In 1986, I splurged on a Breitling aviator watch in Brussels on one of my initial international assignments. What was costly style then, is priceless heritage and heirloom now. Another equally important accessory is a bag that weathers gracefully. I have been using a Louis Vuitton self-monogrammed shoulder bag for about 20 years now. It doesn't scream the brand's logo, and its understated charm draws compliments even today. Finally, in a tropical country like India, a Panama hat is a stylish and sensible accessory. It's easy to wear and most men look good in it.

“ INVEST IN LIMITED QUALITY ACCESSORIES THAT WILL STAY WITH YOU FOR THE LONG HAUL. A CHUNKY WATCH, A HAND-WOVEN PANAMA STRAW HAT AND A FINE LEATHER BAG ARE A MUST FOR ANY URBANE MAN ”



◀ **FRY 'EM UP**

The AirFryer's 'Rapid Air' technology forces air into the heating element that helps fry or cook food with 80 per cent less oil. There's temperature control for various modes of cooking and a separate chamber to fry and cook simultaneously.
Price: ₹14,995

Home Accessories

Up the style quotient in your pad with these spiffy accessories.

By Arsi Mehrishi

▼ **ECO-CHIC**

Your bachelor pad could look chic with these accessories. With a wooden finish and stainless steel edging, these Hologram brown planters are a must-have home accessory for those who think green. They enhance the look of your room and help create a stylish harmony within four walls.

Price: ₹45,900 (large); ₹35,900 (small)





◀ THE PERFECT BREW

Here's one for coffee lovers. The recently launched Lavazza Blue LB 1000 coffee maker can dispense upto five different varieties of coffee from authentic blends. So besides that classic espresso, don't forget to add in all your favourite cappuccino flavours, whether they're from Brazil, Central America or Southeast Asia.

Price: ₹30,000

▶ DRESSER OF CHOICE

This creative and portly gentleman mahogany dressing chest from Althorp:Living History sets out to charm you. The front is shaped with eleven drawers that sport elegant, easy-to-use lion-faced brass handles. The sides are inset with fabric and the funky feet have velvet slippers bearing the Spencer family crest. This unique and aristocratic piece of furniture is inspired by Althorp in Northamptonshire, England, the family estate of the late Princess Diana and her brother Charles Spencer, the current Earl. Go royal with this sophisticated dresser.

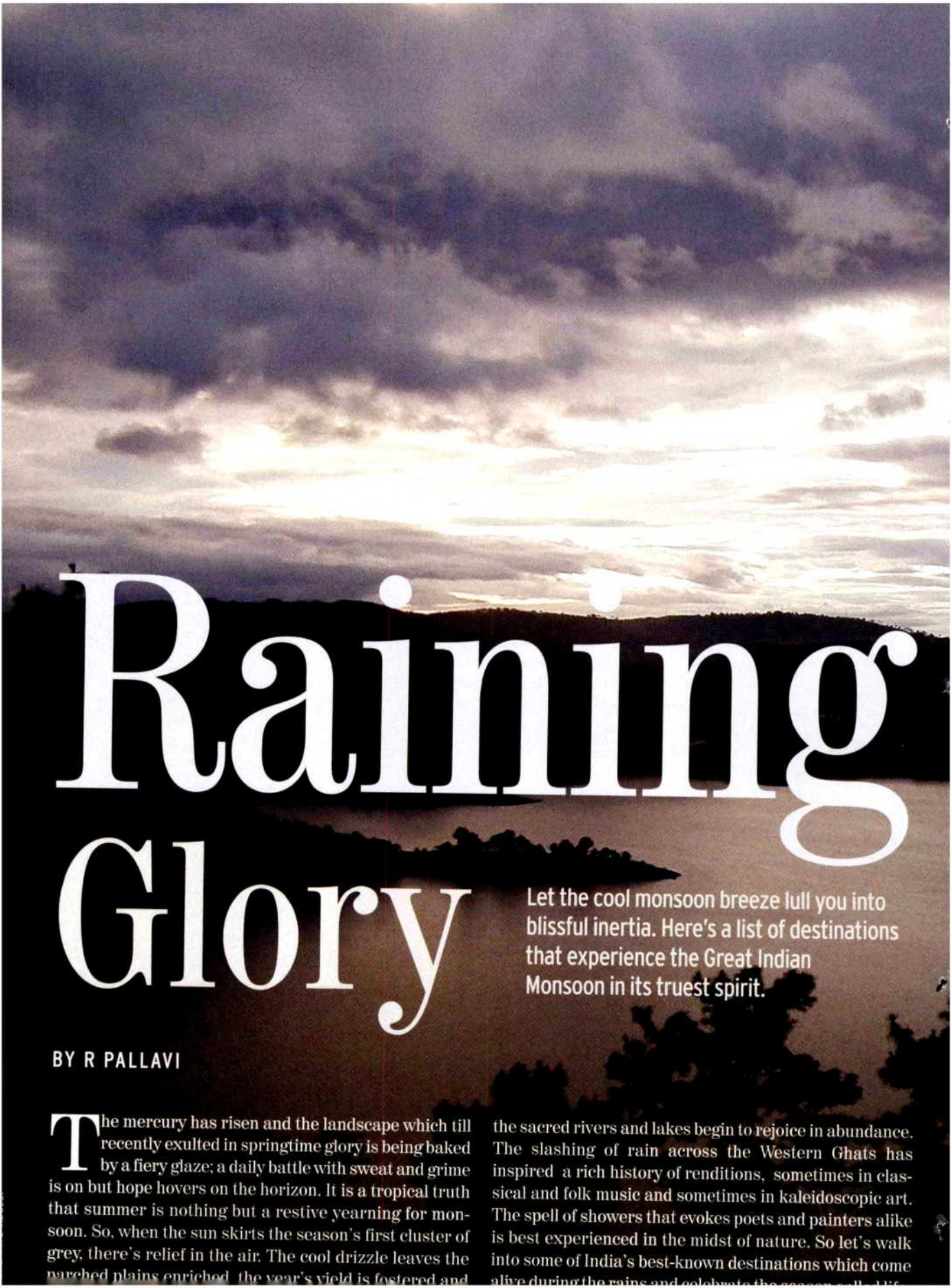
Price: ₹3,08,000



◀ SAY CHEERS

Raise a toast with this dazzling set of Swarovski cocktail glasses. With a stem filled with crystal chatons and a large-faceted crystal clear base, these luxurious glasses are guaranteed to amaze your guests.

Price on request



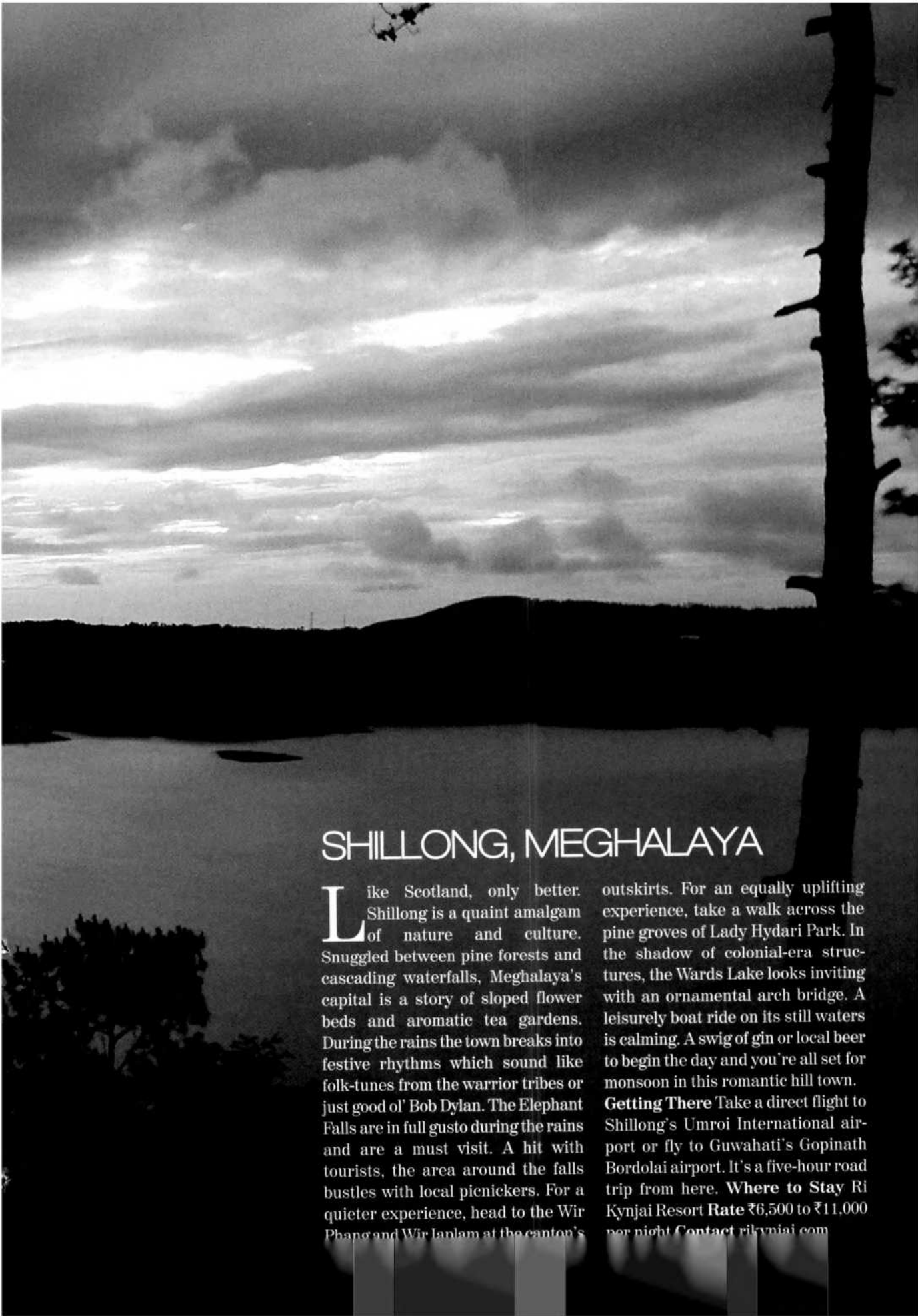
Raining Glory

Let the cool monsoon breeze lull you into blissful inertia. Here's a list of destinations that experience the Great Indian Monsoon in its truest spirit.

BY R PALLAVI

The mercury has risen and the landscape which till recently exulted in springtime glory is being baked by a fiery glaze; a daily battle with sweat and grime is on but hope hovers on the horizon. It is a tropical truth that summer is nothing but a restive yearning for monsoon. So, when the sun skirts the season's first cluster of grey, there's relief in the air. The cool drizzle leaves the parched plains enriched, the year's yield is fostered and

the sacred rivers and lakes begin to rejoice in abundance. The slashing of rain across the Western Ghats has inspired a rich history of renditions, sometimes in classical and folk music and sometimes in kaleidoscopic art. The spell of showers that evokes poets and painters alike is best experienced in the midst of nature. So let's walk into some of India's best-known destinations which come alive during the rains and celebrate the monsoon call. 115



SHILLONG, MEGHALAYA

Like Scotland, only better. Shillong is a quaint amalgam of nature and culture. Snuggled between pine forests and cascading waterfalls, Meghalaya's capital is a story of sloped flower beds and aromatic tea gardens. During the rains the town breaks into festive rhythms which sound like folk-tunes from the warrior tribes or just good ol' Bob Dylan. The Elephant Falls are in full gusto during the rains and are a must visit. A hit with tourists, the area around the falls bustles with local picnickers. For a quieter experience, head to the Wir Phang and Wir Ianlam at the canton's

outskirts. For an equally uplifting experience, take a walk across the pine groves of Lady Hydari Park. In the shadow of colonial-era structures, the Wards Lake looks inviting with an ornamental arch bridge. A leisurely boat ride on its still waters is calming. A swig of gin or local beer to begin the day and you're all set for monsoon in this romantic hill town.

Getting There Take a direct flight to Shillong's Umroi International airport or fly to Guwahati's Gopinath Bordolai airport. It's a five-hour road trip from here. **Where to Stay** Ri Kynjai Resort **Rate** ₹6,500 to ₹11,000 per night **Contact** rikynjai.com

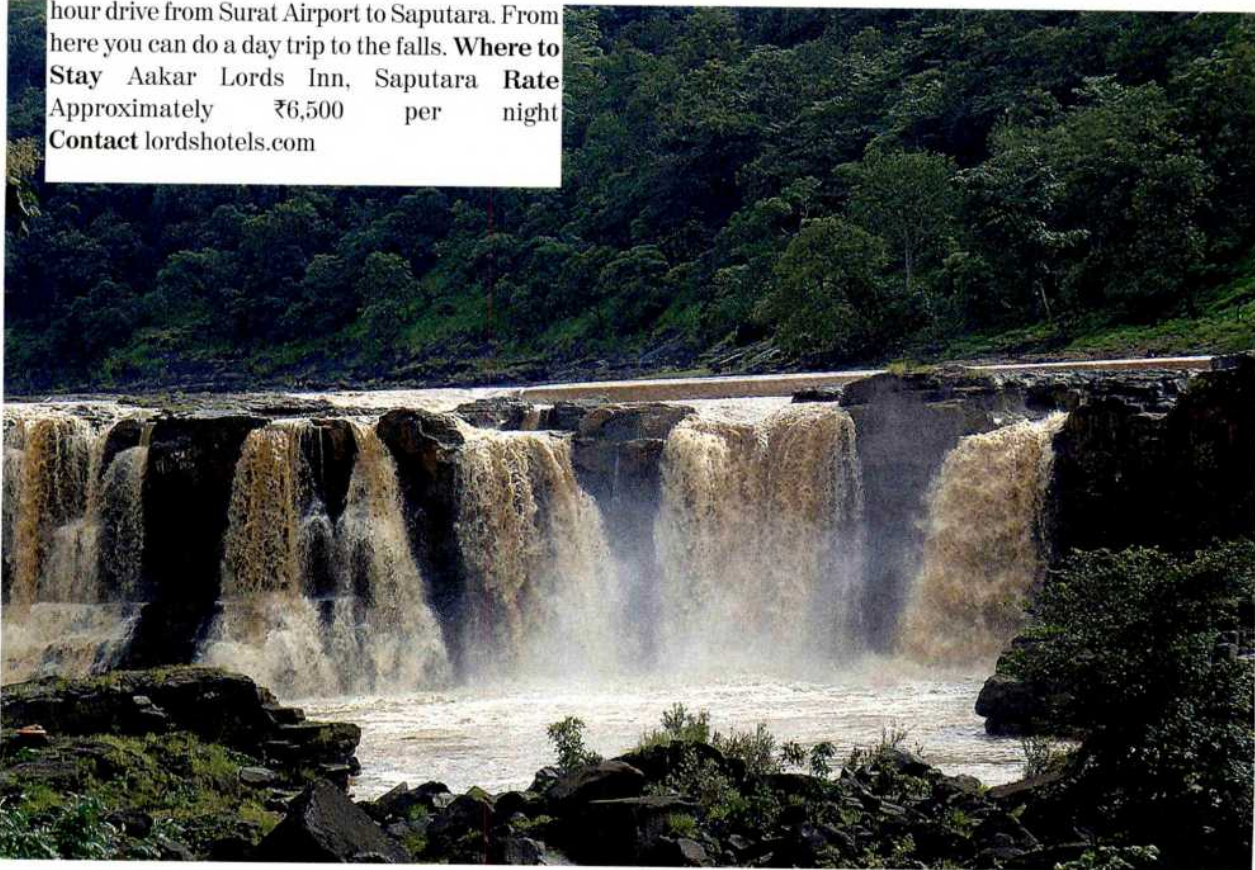
GIRA FALLS, GUJARAT

There is nothing as refreshing as the sound and sight of water falling from a great height. This is why the Gira Falls on the Saputara-Waghai road in Gujarat are such a pleasure to watch. Emerging from the Kapri tributary and sashaying down 30m into the Ambica River, the seasonal falls burst into a dreamy mist. Wind down with a hot beverage at one of the snack stalls dispersed around the foot of the falls and enjoy the occasional cool spray that caresses your face. In the spirit of developing the destination, the forest authorities have set up camping sites all around. So, instead of driving out the same day, linger on and experience the falls as they get illuminated in moonlight. There's also a botanical garden in the vicinity which stocks up to 1,400 varieties of bamboo. Here, one can enjoy the unique experience of picnicking amidst rare bamboos like the beer bottle bamboo and gold bamboo. The all around enables you to hear clearly the sound of water, which is magical. **Getting There** A three-

hour drive from Surat Airport to Saputara. From here you can do a day trip to the falls. **Where to Stay** Aakar Lords Inn, Saputara **Rate** Approximately ₹6,500 per night **Contact** lordshotels.com



SRINI G



BINAY GUPTA



KHAJJJAR, HIMACHAL PRADESH

Ever imagined frolicking about a large green playground cordoned off by alpine meadows and dense mountains? Nestled in the Chamba valley, Khajjiar seems to have emerged from an artist's imagination. Smitten by its scenic setting, Swiss Ambassador Willy Blazer christened it a 'mini Switzerland' in 1992. Interestingly, he also erected a signboard that said, 'Switzerland 6194 km on the hiking path, in the direction of the Alps.' At first glance, the plateau will compel you to pick up a putter and aim for hours. Fortunately, the Himachal Pradesh Tourism Board holds the same view and set up a nine hole golf course smack in the centre. India's answer to the Alps is best enjoyed right after the rains, when the grassland blooms in a fluorescent-tinted

effervescence. Just as the rain ceases, Dhauladhar's pine and cedar laden peaks come into view. A 15-minute ride to the closest viewing point, Mani Mahesh, is recommended for clear views of the sacred Mount Kailash. There are a bunch of small-time resorts and houses are strewn about the plateau. Their sloped roofs and iron girders bring to mind a colonial Shimla. One could either take in the fresh air while parasailing or get strapped up inside a zook ball and spin around the plateau merrily. In Khajjiar, even a mindless task like lazing on a wooden bench feels fantastic.

Getting There A seven-hour drive from Dharamshala's Gaggal airport; just over an hour from Dalhousie station. **Where to Stay** The Devdar **Rate** ₹2,000 per night **Contact** dalhousie@hptdc.in

MANDU, MADHYA PRADESH

A muddy pathway is sheltered by giant baobab trees and punctuated by crumbled mosques at every other seam. Resting on the crest of the Vindhya Range, this is Mandu, a rocky outcrop planted amidst a bed of green. The architectural ruins attract discerning day-trippers from Ujjain and Indore throughout the year. But it is during the monsoon that the rustic facades of the city's *mahals* and *darwazas* attain a rich red tint. Mandu also houses the country's first ever marble monument, the tomb of Malwa's second king Hoshang Shah. When its dusty cover is washed off, the structure that inspired the Taj acquires an ashen glow. The fortified city is also home to the love story of Rajput princess Roopmati and the last sultan of Malwa, Baz Bahadur. During the monsoon, the courtyard of Roopmati's pavilion reverberates with romance and its front lawns are aflutter with peacocks and kharmours. The many minarets and domes of Mandu may be lost in time, but find themselves gracefully whenever it rains.

Getting There An hour's drive from Indore airport **Where To Stay** Jhira Bagh Palace **Rate** ₹5,500 to ₹6,000 per night **Contact** jhirapalace.co.in



NEVIL ZAVARI

ARAKU VALLEY, ANDHRA PRADESH

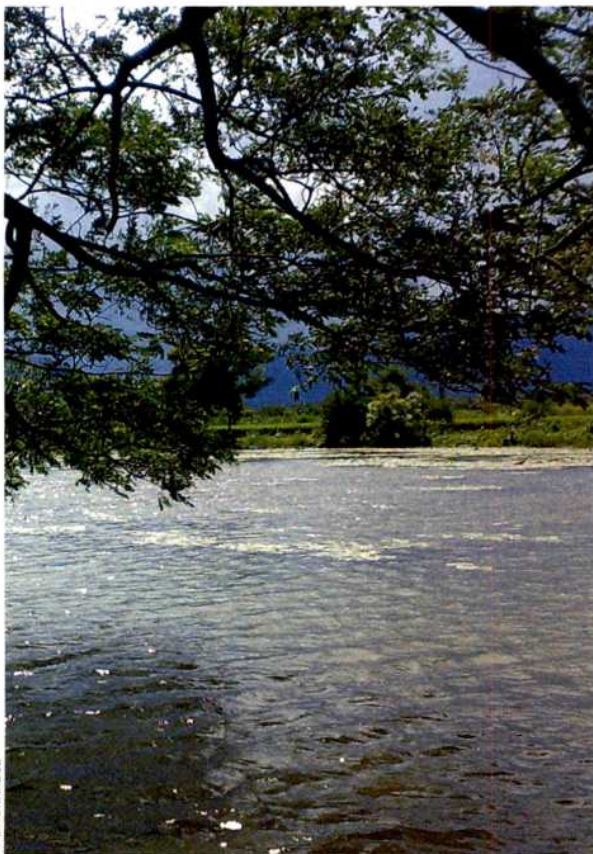
From a humid and muggy Vizag, board the train on the Kottavasala-Kirandul line and make your way into the unspoilt interiors of Andhra. An hour into the journey and the view goes from busy townships to quiet valleys swathed in green and dotted with frothy waterfalls. Then, 58 tunnels and 84 bridges later you find yourself in Araku, the unsung paradise of India. Perched at 997m above sea level, this hill station is the perfect definition of monsoon on the Eastern Ghats. After the first showers, a walk alongside long savannah grasses is refreshing. A short drive to the Anantagiri hills allows you

take in the heady smell of beans rising from the coffee plantations all around. Araku's beauty runs parallel to its well preserved tribal culture. This comes across in the Dhimsa and Mayur dances performed by local women for the tourist lot every other evening. One can also sense tribal beliefs in the greatly revered Borra caves, whose details are defined by thematic lighting.

Getting There Fly to Vishakhapatnam and then take a two-hour train to Araku.

Where to Stay Tyda Bamboo Cottages **Rate** ₹4,500 for two nights. **Contact** aptourism.in

SASANKA SHEKHAR BANERJEE



MADHUKARDE

COURTALLAM, TAMIL NADU

Also known as 'the spa of the south', Courtallam is a source of medicinal water. To ensure this wasn't a folktale, the East India Company deputed a team of experts to investigate its properties. They concluded that the water acquired herbal properties as it seeped through the forests before descending into town. During the monsoon, Courtallam's nine falls flow with full gusto and set off a string of narrow streams. Don your raincoat, carry a sturdy walking stick and trek across the rocky steps, halting at one waterfall after another. The most stunning of these is the Shenbagdevi, which is broken up by the rock formations into three beautiful tiers that are full in the rains. An hour-long hike leads you to Then Aruvi or, the honey falls. These are at a sheer 170m drop with bee hives full of honey on both sides; these are said to lend sweetness to the water. Also visit temples from the Chola and Pandya kingdom. With its sacred chants, rain winds and verdant greens, Courtallam is just short of heaven. **Getting There** Fly into Trivandrum and then travel by road for an hour. If you take the train to Tamil Nadu's Tensaki junction, it is approximately 15 minutes by car from here. **Where To Stay** Srishty Garden Resorts **Rate** Approximately ₹2,500 per night **Contact** srishtygardenresorts.com

OPEN SEASON

Monsoon brings a welcome relief to the frenzied and sweltering city life, but the swatch of dark clouds can also get gloomy. Here's why you should have a date with the spa when it rains.



JACQUALINE TARA HERRON
Director, The Imperial Spa and Salon, Delhi

Focus on the following areas that need care and attention during monsoon.

AYURVEDIC RITUALS

Spa rituals in the rainy season focus on creating a balance between body and mind to cope with physiological and mental stress that is caused by the changing weather. *Takradhara* (a summer version of *shirodhara* that includes the use of warm oils) is especially beneficial. *Takradkhara* uses a blend of cooling buttermilk and medicinal herbs that are poured on the centre of the forehead. Combined with an *abhyanga* body massage using Ayurvedic remedies to improve blood circulation.

ESSENTIAL SKINCARE

Exfoliating the skin is also an effective monsoon ritual as it removes dead skin and allows the pores to breathe more freely. Body scrubs that use additional cooling ingredients such as sandalwood or citrus ingredients are highly recommended during this season. Some skin types break out in pimples and blemishes in the heat and this is an effective treatment to renew the balance.

RIGHT FOOT FORWARD

Feet can be prone to infection, athletes' foot and soreness due to perspiration in the humid temperatures. Keep your feet clean and dry by using tea tree powders or anti-fungal remedies from your local chemist. In fact, after washing your feet, further protection is achieved through massaging olive or coconut oils into your feet and toes at night which can prevent athletes foot syndrome. Though this fungal infection likes moist closed

areas to grow, oils can protect the webs of your toes from attracting moisture.

FOR THE MIND

Hatha yoga seeks to achieve the perfect homeostasis of body and mind that in turn liberates your spirit. Begin each day with a slow yoga practice that includes convex and concave asanas that balance the thyroid gland and soothes the digestive system. Another very beneficial ritual is the *pranayama* breathing that balances right and left hemispheres of the brain, calming the mind and therefore the central nervous system and endocrine system (the endocrine glands govern the production of vital hormones and neuro-chemicals that reduce stress levels and promote essential feel-good factors).





Monsoon brings the much-needed respite from the heat (Above); Tambli, a spicy buttermilk consumed in Karnataka (Opposite page)

Savour the Rains

The monsoon brings with it a heady cocktail of traditional cooking, and festivities. Top chefs pick their favourite.

BY ANUSHREE BASU-BHALLA

We cast our eyes skywards, yearning for a cloud to burst and drench the thirsty soil.

The monsoon in India is a time of rejoicing and renewal. It is symbolic, significant and central to the country's culture—much like the Western concept of springtime that finds echo in its music, art, and literature. In India as well, the monsoon is a symbol of hope, growth, and fertility. For food lovers the season poses as a perfect time to club travel with authentic food experiences.

India's seasonal foods have been an intrinsic part of its cooking traditions. These have been handed over from one generation to another and the shared experience of eating home-cooked, traditional food has shaped family ties and brought communities closer. In most cases, they draw on local produce using techniques that promise balanced nutrition, food longevity, and exceptional taste.

As the rains beat down the parched earth from June through September, a number of festivals

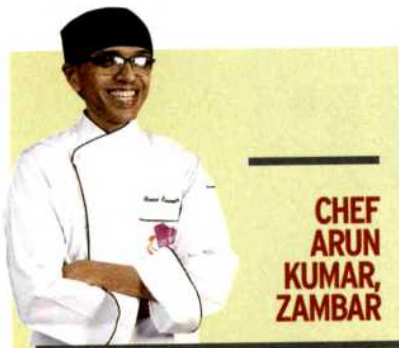
mark the celebration of monsoon and call upon a bountiful harvest. The festivities and community feasts result in richer, more boisterous food with a cocktail of ingredients and spices. It's a time of plenty, from decadent ghewar served in Teej and coconut modaks in Ganesh Chaturthi to sugary-sweet maalpuas in Janmashtami and sweet saffron rice made during Rakshabadhan.

Everyday home-cooking also comes with a twist. Food is made with several seasonal produce like jackfruit, gourd, aubergine, and potato (a variety that is best for deep frying). Also, some ingredients are used across the country but their taste is localised. Case in point: corn. If you are from the



ANUSHRUTI BK

ANUSHRUTI BK



**CHEF
ARUN
KUMAR,
ZAMBAR**

“Monsoon is the time when I think fresh: both in terms of food ingredients and cooking. During this time, the food is locally sourced but the preparation is elaborate. From Kerala to Karnataka to Tamil Nadu, food is primarily well-cooked—onion bhajji, cabbage vada, aaloo bonda, pumpkin eriserry (made during onam). These are some of the most popular foods during this time.

**FAVOURITE DISH
FRIED SHRIMPS**

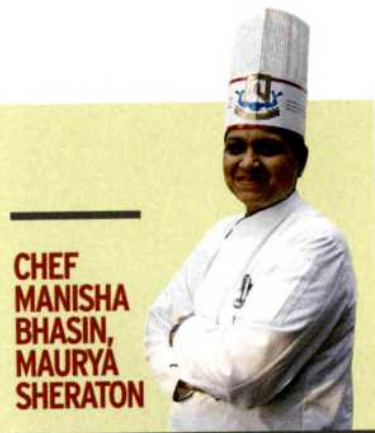
Shrimps are available in abundance during this time of the year in shallow waters in the sea. In coastal areas like Kerala it is deep fried off the tawa and is made with chillis and spices.”

northern part of the country, bhutta (corn on the cob) will definitely have a place in your monsoon memories. The same corn finds its way in the Marathi snack, sev puri—fried papdis topped with sweet corn and fresh onions and spiked with a tangy tamarind chutney. Similarly, potato fried in different ways is almost the ritualistic rain food in India. It is munched as crispy-fried discs with khichuri in Bengal; mashed as chokha in Bihar; mixed with gram flour and fried as aaloo bhujia in Rajasthan and Gujarat.

While there is a lot of common ground when it comes to ingredients, food rituals endemic to a particular area still reign supreme. For instance, while the season for mangoes is long over in the rest of the country, the season's last leg of ripe chausas are still available in North India during the monsoon months. Another seasonal dish is singhade ki subzi, a dish made using water-chestnut, a fruit that grows wild during this time of the year. It is savoured in eastern Uttar Pradesh.

Health-wise, food prepared in humid conditions have reduced shelf-life, so grandma's wisdom suggests raw foods like salads be replaced

with well-cooked dishes that can be eaten immediately. Hygiene is of supreme importance during the monsoon as water-borne diseases are a major health issue during this time. That said, proper hydration of the body is also important as it loses more water and essential salts during the rainy season. This is why buttermilk and kachhi lassi (made with one part cold milk and three parts water) are the favoured drinks in the northern plains. They are light drinks, as against the normal lassi,



**CHEF
MANISHA
BHASIN,
MAURYA
SHERATON**

“Saawan is the purest of all season, in my opinion. It is a singular and spectacular occasion in the country where food influences in regions are resolute. Festivals abound this period and go all the way into the winter. We tend to enjoy high-caloric food like besan-sheeras, sweets, bhajias etc after a long time and we can also digest them better during this time.

**FAVOURITE DISH
MALPUA**

These lovely Indian pancakes are the most delicious monsoon savouries. Prepared especially during Janamash-tami, malpuas are a perfect celebration dish.”



Ghewar is prepared in Haryana on Teej



Corn on the cob or bhutta is one of the favourite rain food snacks (Top); Ilish Maach or Hilsa fish is a Bengali delicacy enjoyed during the monsoon (Above)

and can be had numerous times in a day in place of water. A close cousin of the kacchi lassi is tambli, a kind of buttermilk with a dash of ginger that is favoured across Karnataka. These naturally sour and cool drinks are said to improve digestion during these disease-prone months.

The coastal areas during the mon-

soon shift focus to vegetarian food and meats, as the rough weather in the olden days made it difficult for the fishermen to go into the sea. Monsoon is also a cleansing season for coastal Kerala. They prepare yavagu, or rice gruel, that helps in improving digestion and is consumed with a chutney. The rivers on the other hand have an

CHEF RAVI SAXENA, THE CLARIDGES NEW DELHI



“Though the much-awaited first showers of the monsoon bring relief from the scorching summer heat, they also bring disease with them. This is why there is an insurgence of hot food in our day-to-day cooking. The food should be contamination free and must be consumed immediately. A variety of chaat is one of the most favoured dishes among Indians during this time.

FAVOURITE DISH

CHAI-PAKORA

Aromatic, masala chai with crispy-fried pakoras are the quintessential monsoon snack. Nothing like having piping hot, homemade pakoras with chutney and chai!”

abundance of fish during this time. This is the breeding season and every Bengali believes that hilsa fish (or ilish maach), during this time is a true delight. The fresh water fish is traditionally prepared with ground mustard, wrapped in a tender banana leaf, and steamed before serving.

Like this favourite from Bengal, each seasonal dish is painstakingly prepared during this time of renewal and revival. After a long and harsh dry spell of summer, the rains bring a renewed love towards food among Indians. It is the time to savour the delicacies and discover the wonder of the rains through food. ■

Rain Proof

The monsoon isn't just about jumping in and out of puddles and setting paper boats to sail. Look your best with these accessories.



Timberland Rain Boot

In 1965, the shoe makers at Timberland introduced injection molding to the footwear industry and the first waterproof shoes were created. Till date, the shoes are synonymous with the great outdoors. Crafted from full-grain and nubuck waterproof leather that's seam-sealed, the shoe offers utmost durability. There's also a padded collar around the ankle that helps keep debris at bay. Price \$180 (₹9,800 approximately)



Forest Essentials Monsoon Range

The rains may enrich the earth but are likely to wash away your skin's moisture balance completely. Be ready for sultry days with Forest Essential's aloe vera gel, jasmine and mogra lotion and the jasmine-infused tonic. These will leave your skin hydrated, sun-protected and blemish-free through the showers. Price ₹2,700



Victorinox Spill Resistant Pouch Set

Give your toiletries a hygienic and secure home this monsoon. There's an anti-bacterial lining that prevents growth of odour, mildew and mould-causing bacteria. There's also a compartment for segregating soiled contents. Keep the germs away and remember the rains for better reasons. Price ₹1,490



Adidas Evil Eye Shades

Don't let the thunder leave you blinded and helpless. Aptly titled the 'evil eye', these sunglasses ward off dust and dirt. There's a vent built into the frames that prevents sweat build up and leaves you refreshed with flushes of cool air. Perfect when it's windy outside. Price \$170 (₹9,400 approximately)

Tissot Sea-Touch

A water-proof watch that's come a long way from the rubber strap and digital dial days. Here's one that comes with a vinometer, a stopwatch, a compass, a thermometer, a barometer and a perpetual calendar programmed till 2099. Resistant to 200 metres and encased in scratch-proof titanium, the timepiece looks sturdy and sleek. Price ₹57,000 onwards



LifeProof iPhone Case

Your iPhone never leaves your sight, so why leave it behind on your date with the rains? Tuck it into this shock absorbent elastomer case that makes it resistant to mud, dirt, and even to powerful water jets. The membrane that covers the screen doesn't hinder usage and you have access to all the buttons and ports. Price \$69.99 (₹3,600 approximately)





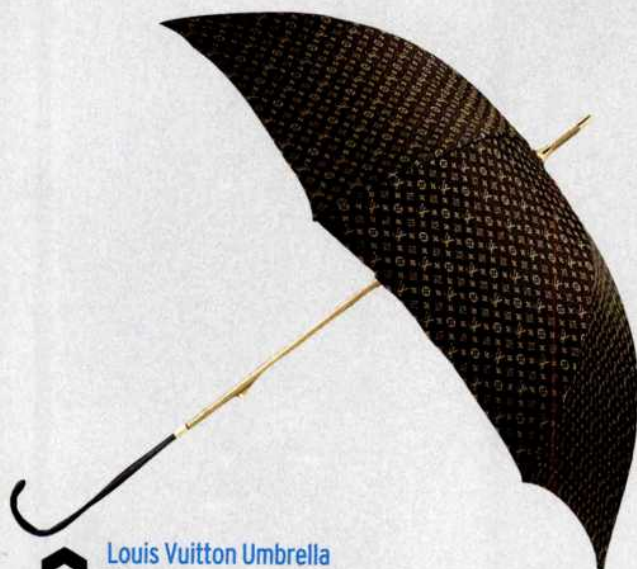
Breville Tea Maker

The warmth of snug indoors is inviting on a stormy, dark night and the setting calls for a hot cuppa. This automatic tea maker adjusts the brewing time and water temperatures for each tea varietal. The moving tea basket fitted inside allows the water to float around the tea, leaving you with a perfect brew. Price \$249.95 (₹13,500 approximately)



Basecamp Outsider Backpacks

The ultimate adventure accessory that helps you lug around your essentials comfortably. The rucksack collection from Basecamp is waterproof and easy to clean. With separate compartments for travel tools, water sippers and used clothes, these come in various styles and colours. Pack up and move on. Price ₹2,999 onwards



Louis Vuitton Umbrella

This monsoon accessory gets a high-end face-lift. The chocolate brown umbrella with the signature LV embossing looks swish with a wooden shaft and a golden brass. Whatever the season, there's always room for style. Price on request





Dolce & Gabbana Sport

Monsoon is a season of fragrances, from wet mud to blooming flowers. Based on aquatic notes, a spray of D&G's Sport is a refreshing blend of rosemary, cardamom, patchouli and musk. Price \$73 (₹4,020)



Sony CyberShot TX200V

Holding an umbrella over your camera isn't the most comfortable way to take photos in the rain. Sony's dust and waterproof camera shoots 18.2 megapixels stills and full HD 1080p video. A 10x clear image zoom ensures high-resolution shots even. And did we mention you can even shoot under water? With a full-flat glass panel face, this is also the thinnest camera in its class. Price \$499.99 (₹27,500 approximately)



Woodland Waterproof Shoes

Steer clear of skidding and slipping on wet trails with these rugged waterproof shoes from Woodlands. Perfect for a rainy day hike, these are lined with ultrathin waterproof membranes and have a foam padded collar that offers a comfortable fit. Price ₹8,000



Trek Session 88 FR Bike

Throw your inhibitions to the wind and get ready to ride the storm. Perfect for riding on rain-struck mountain roads, the rugged bike features full-floater shock mounts and a custom-tuned FOX DHX5 coil shock. This ensures a smooth ride and precise mid-stroke control. Pedal on! Price \$6,049 (₹3.33 lakh approximately) plus shipping

Solving a Pet Peeve

Pets are loving and amusing companions. But they can also become a problem when you want a holiday. Here's a solution.

BY PIERRE MARIO FITTER

I'll be honest. There was a slightly selfish motive when I volunteered to report this story. You see, my wife and I have had two cats for more than a year. We love them dearly but having pets isn't easy.

For example, they can't be left unattended for more than half a day. In fact, they hate travelling and yowl when placed in a car. So we haven't even had a weekend out of town since adopting them.

With the Monsoon now upon us, we were desperate for a break. But what about our two rambunctious

felines? Where would they stay? And what if there was a medical emergency with them before we could get back? Would someone be on hand to take care of them? Would that person be trained?

Thankfully, there is an answer this season. Pet boarding homes will feed them, exercise them, groom them and even take them to the vet if their nose isn't just the right shade of pink.

Most even pick up and drop them off at your home. So go make a splash this monsoon.



DELRIQUES KENNELS Mumbai

Delriques Kennels is a small but highly-attentive operation run by Delano Henriques and his family. They take in just 13 dogs at a time. The kennels are well-ventilated and each is equipped with a light and fan to kill some of the city's oppressive humidity. A vet with 10 years of experience visits once a week to check the animals. He also makes emergency calls. Another plus is that most of the staff is trained in basic first aid. Delano himself lives on site, unless errands take him away. Meal times are elaborate: chicken, vegetables, chapattis and rice combine for a nutritious supper. Of course, pet owners can request customised menus depending on the animal's needs. Friendly dogs are allowed to play together twice a day in batches of four. The bigger or more difficult animals are taken care of by Delano himself, since he is an animal behaviourist and trainer. For the moment, Delano says he isn't taking in other animals like cats or hamsters owing to lack of space. Delriques Kennels charges upwards of ₹500 a day and like most kennels, doesn't limit the length of stay. **Contact:** Visit Dogstrainingindia.com or Call +91 9821752507/ +91 9870952507



CANINE ELITE

Delhi

Canine elite is easily one of the best equipped pet boarding homes around. Spread over three acres, it can manage upto 30 dogs at any time. Pets from the same home can be accommodated together in one kennel, depending on their size. An on-site kitchen prepares fresh meals but pet owners can also bring in food charts so the animals get exactly what they are accustomed to. This 3-year-old kennel has tied up with a nearby vet clinic to ensure the animals remain healthy during their stay. Just in case, two pet taxis are on stand-by round the clock. These taxis also conduct pick-ups and drops. Sonya Kochhar, the owner, also ensures the animals are inspected for medical conditions and vaccination certificates when they check-in and check-out. Sonya tells us she often advises pet owners to come in for socialisation programmes to ensure their pets get to know the other animals before staying at the kennel. In case of conflicts, there are trained dog handlers on site to head off the slightest signs of trouble. Charges start at ₹600/- per night. This includes meals, grooming and even swimming sessions. Canine Elite also runs a nearby penthouse-style cattery for upto 20 felines. Each 'suite' has indoor and outdoor private areas. Here too, pets from the same home can be housed together.

Contact: Email contact@canineelite.com, alternatively, Call +91 8860084511 or +91 9871397179

666 KENNELS

Bangalore

This pet boarding home will soon have space for more than 100 dogs; for good reason, Vinay S., the owner, says he is often booked up to two months in advance during the holidays. Wide open lawns and shady trees make for an ideal location. Each 7x7 foot kennel has a tiled roof and is well ventilated to keep the animals cool. Special drains keep the kennels free from odour. The dogs get two meals a day. The dry meal is from a popular dog-food brand. The other consists of chicken stew and rice. Vegetarian pets get milk, egg and rice. Customised meals are also possible. 666 Kennels organises regular visits by vets with 20 years of experience. Dedicated vans can rush animals to the clinic in emergencies. For exercise, Vinay follows a thumb rule: shorter the legs lesser the walks. Exercise periods also vary depending on the lifestyle the pet is used to back home. Vinay used to run a cattery as well but the felines weren't too pleased with so many dogs around and he had to shut it down, eventually. In the coming months, 666 Kennels plans to open branches in Chennai, Cochin, Hyderabad, Pune and Mumbai.

Contact: Email 666kennels@gmail.com, Visit 666kennels.com or Call: +91 9740007070



Chasing the Monsoon

Perch yourself on a dripping tree, sink into a flower bed or bike along a mountain pass. A travel industry insider shares his list of monsoon experiences you simply cannot miss.



DEEP KALRA

Founder, MakeMyTrip.com

Trekking the Valley of Flowers

Nature's pallet isn't always a mix of greens. The monsoon not only brightens up the green belts but brings out colourful hues of flora and fauna. The Valley of Flowers, a national park in the Garwal region of Uttarakhand, is an artistic illustration of this. Hidden from civilisation, this fairytale land is home to rare flowers like the white beauty bhramakamal, the pastel blue poppy and the snake like green cobra lily. The valley turns into a magical profusion of colours as these flowers blossom. The silence of this picturesque valley breaks with the sound of streams and the occasional chirp of a Himalayan monal and the snow pigeon.

Getting There Hop onto a Rishikesh-bound Shatabdi and drive from here to the base camp at Govindghat. Go on an exhilarating 14 km trek from here.

Tip The first day of your vacation will be spent in travel, so hit the sack early after you arrive and be fresh for an early morning trek.

Train-ride on the Western Ghats

The sheer beauty and splendour of the topography make a train ride on the

Western Ghats a memorable journey, at any time of the year. But the monsoon showers turn the landscape from the west coast of Maharashtra all the way to Karnataka into a celestial abode with lush green hills, stunning rock formations, jetting rivers and waterfalls. You can deboard and take night halts at the little stations en route. Walk into the hinterland of the Sahyadris and relish Konkani foods like *pathrode*, a coastal delicacy made of colocasia leaves, and *jeer mirya kadi*, a spicy curry.

Getting There Opt for the Konkan Kanya Express which takes you across the Konkan belt from Mumbai to Goa. It halts at beautiful stations like Ratnagiri, Sindhudurg and North Goa, en route to Madgaon. **Tip** The little towns en route serve as weekend getaways for locals, so book in advance.

Sao-Joao Festivities in Goa

Goa in the rainy season has its own idyllic charm. Since you can't venture too far out into the sea, this is the best time to observe and immerse yourself in cultural and architectural experiences that the state has to offer. And a



The colourful Valley of Flowers is surrounded by misty hills and snow covered peaks (above); Ladakh's brackish lakes make great camp sites (below)



feast observed solely to celebrate the onset of monsoon is what completes your Goa-in-the-monsoon experience. The Sao Joao festival has every element of celebration, from dancing to food, wine and even a procession. Most wells in the region are full, and these serve as a backdrop for the festivities. As you watch the local youth sporting wreaths, carrying bottles of feni and splashing in and out of wells, you'll find yourself joining them.

Getting There There are a number of luxury cruises that run between Goa and Mumbai. **Tip** Getting drenched in feni, their version of a rain dance.

Perched in a Tree

You may have done the usual drill of hill cottages, forest camps and luxury suites in city hotels, now how about



Winding its way past waterfalls and green valleys, the Nilgiri Railway Line was named a UNESCO World Heritage Site in 2005

going 'back to the basics' and perching yourself on a tree? Enjoy the sound of water dripping down a cluster of leaves in a tree house resort. Should you wonder about the comfort quotient of such an experience, these are furnished with comfortable beds, shower cubicles and entertainment systems. Just step down and walk in the woods or go on a jungle safari in the tropical rain forests. Wake up to the benefits of eco-tourism and indulge the child in you.

Getting There Various tree resorts are being managed in Jaipur, Munnar, Coorg and Wayanad and these make for an ideal getaway for nature lovers. Most locations are accessible by road from the nearest big city.

Tip An ayurvedic monsoon massage is highly recommended

Biking Across Leh

A road trip to Leh's barren roads is an adventure of a lifetime. Avoid the nose-bleed inducing chilly winters and ride up there during the rains instead. At this time, the snow has melted and the temperatures rest at a pleasant 15 degrees. If you're riding from Manali, you can camp on the roadside or take a home stay in remote villages en route. Still, if you wish to ride up in one go, you could take small breaks and absorb breathtaking views of the Himalayas.

Getting There Charter flights have significantly brought down the cost but biking through Khardung La gives the best adrenaline rush. **Tip** Make sure your GPS is in mint condition before you set out.

Romantic Getaway in Ooty

With your hands clasped around your loved ones, walk into the quiet woods, take a boat ride on a full moon night and herald the morning with a golden sunrise. In Ooty, you can't help but feel like a character from a romantic Bollywood love-tale. A local porter will make a reference to the popular *Chaiyya Chaiyya* song which was shot there. Situated deep inside the towering Nilgiris, Ooty's tea gardens and gurgling streams will set the mood and the sound of raindrops will further build up the romantic fervour.

Getting There The Nilgiri toy train from Mettupalayam is a delight.

Tip With the Moyar flowing below you and tea estates all around, the Kodanadu view point is a must-visit. ■

NO BULL JUST WINE



SOURISH BHATTACHARYYA
Executive Editor, Mail Today

Our Daily Cheese (and Wine)

Wine and cheese are a classic pairing, but get the match wrong and you'll end up ruining a potentially great evening.

ALITERARY editor buddy of mine loves this time of the year. There's a book launch nearly every day. If he times it well, his daily drinks and dinner are literally on the house.

What leaves him flummoxed, though, is the promise of "wine and cheese" at each launch. The wine does come (as does the whisky), but never the cheese. In its place, he sees rubbery kebabs and bone-dry pieces of bread being passed off as canapés. Why, he wonders, do hosts shy away from a true-but-not-blue cheese and wine evening?

You don't have to be a rocket scientist to figure it out. Fewer people understand the intricacies of cheese than those who know the basics of wine. And most of us who like the occasional cheese shy away from a true-blue such as gorgonzola. We would rather have a safe boursin or the more approachable and readily-available smoked scarmoza.

The Oberoi New Delhi organises popular monthly wine and cheese evenings at the Travertino, but the culture hasn't spread. Hotels have lacklustre cheese selections. These are paired thoughtlessly with any wine that needs to move quickly. Even embassies have wine and kebab evenings, where the cheese-and-

cracker platters wallow in neglect.

We now get just about every cheese made in India, thanks to some passionate entrepreneurs (most notably Aamir Khan's cousin, Mansoor Khan), so why not dip into this abundance and throw a wine and cheese evening once a year?

The rule to remember is there's no one wine that pairs with all cheeses. Before you announce a wine and cheese do, make it manageable. Select four wines — a champagne or sparkling wine, which is best for most cheeses; a white that is cheese friendly, ditto for the red, and finally a bottle of port—no Goan 'port' or sherry, please!—or a dessert wine (a Sauternes or a vin santo, but not a Tokaji).

When you bring on the bubbly, go for a chevre, a French goat's milk cheese, or the more common brie and gouda. Even Amul makes them. Pick a nice chardonnay and pair it with brie, camembert, gouda and, perhaps, a provolone. For a red — Cabernet Sauvignon and no farther — go for cheddar or smoked scarmoza; though camembert and Parmesan are fail-safe choices too. Keep your Danish blue or gorgonzola for the dessert wine. These don't have a great following in India and only the aficionados will ask for them, so go slow.



BT More

GOURMET CENTRAL



Warm interiors and 90's-era jam rock could make Lagerbay a firm favourite with the locals

Down On The Corner

Bandra in Mumbai gets a fitting replacement to an old neighbourhood-favourite watering hole. BY SHAGUN LUTHRA

Lagerbay has taken the place of Zenzi, which worked as the equivalent of 'the neighbourhood bar' for anyone who lived in Bandra, Mumbai. Like the fictional Cheers, it was the kind of place where everyone knew your name. Men could walk in wearing shorts and sandals with as much ease as women could come in dressed to the nines.

Lagerbay retains that welcoming vibe but that's where the similarities end. The vintage posters and woody interiors give this four-month-old restaurant a distinctly young vibe.

Expectations were high as we waited

for the highly-recommended prawn and calamari ajillo, which didn't disappoint. The prawns were large and succulent and thankfully, very fresh. The bowl of chicken wings was surprisingly desi, and paired with a side of salli (thinly-julienned fried potatoes), it was reminiscent of the old Parsi eateries that dot the city. The vegetable quesadilla confused with its mix of cheese, broccoli and way too much oil, and just about passed muster. The salse fresca it was served with was also of the wrong consistency. The tomato and mozzarella bruschetta on the other hand got a thumbs-up for being spot on and inventive with the pesto drizzle.

We washed all this down with a sweet but chilled watermelon caipiroska—a safe and standard drink. However, if you are feeling adventurous, do try the refreshing and flavourful malta and cranberry caipiroska, which cries summer. The wine list is small but interesting. What disappointed though, was that for a place called Lagerbay, we did not see any local brews.

We hummed along to the tunes of The Corrs and Dave Matthews Band. Very few places in Bombay still play this kind of music, so Lagerbay scored many points for giving us that.

For mains, the tenderloin steak was perfect, though we would have loved a little more gravy. However, the absolute winner of the night, without a shadow of a doubt, was the mushroom risotto. The creamy sauce was not at all heavy, and three different types of mushrooms ensured here were few surprises with every bite we took.

We finished off with some dense and dark gooey chocolate cake, pretty sure that the next time we want to hang out with some friends, or maybe even watch a match, we would definitely be heading back to Lagerbay.



BT MORE RECOMMENDS

- 🍷 Mushroom Risotto
- 🍹 Malt & Cranberry Caipiroska

Meal for two ₹2,000 (with taxes & drinks); for reservations call ☎ (022) 67369900



Fresh, local, quality produce makes a meal here worthy of a detour

room risotto called it the "most comfortable food for vegetarians," adding that it was "creamy and flavourful" and perfectly seasoned. The man who ordered the sole rated it the best seafood he's eaten (he's from Kerala). Even the off-the-menu fried chicken and fries won praise for being "quite classy, well prepared and presented."

The dessert, a pina colada, was the highlight. Think cocktail on a plate. What we got was toasted coconut panacotta, pineapple ice-cream, dark rum espuma (or foam) and lemon jelly drops. The flavours and textures combined into one word--heaven. The 30-year-old head chef Gideon Landman calls it his "favourite deconstructed cocktail as a dessert." Would I return? You bet. A meal at Sand, breakfast, lunch or dinner, is an extraordinary, unmissable experience.

Simply South Africa

With stunning views and local ingredients, it doesn't get more 'South Africa' than Sand at Plettenberg Bay. **BY PIERRE MARIO FITTER**

The first thing you notice when you enter this elegant restaurant is the stunning view of beautiful Plettenberg Bay. Located right on South Africa's Garden Route, the quality on offer here should hardly be surprising.

Sand is located in one of three hotels overseen by executive chef Peter Templehoff. Together, his eateries have earned him nine Rossouw's stars, more than anyone else in history (a Rossouw star is South Africa's equivalent to the coveted Michelin star).

Sand is big on fresh and local food. In fact the tasting menu is called "Garden Route Origins". Not in the mood for six courses (and wines) our table ordered from the brand new winter menu. The meal

began with the chef's garden vegetable soup. The rich, thick broth was loaded with flavour and instantly warmed us on that chilly evening. For mains, I picked klein karoo springbok loin with port & pear puree. One of my fellow travellers ordered a mushroom risotto. A third put in a not-so-fine-dining request: fried chicken with french fries and garlic sauce, which the restaurant gladly accommodated. The fourth ordered the catch of the day, in this case, sole.

The springbok arrived a deep pink. The mildly-sweet puree and burnished coffee praline added elegant side notes, while the crisp winter cabbage superbly complemented the tender meat. The lady who ordered the mush-



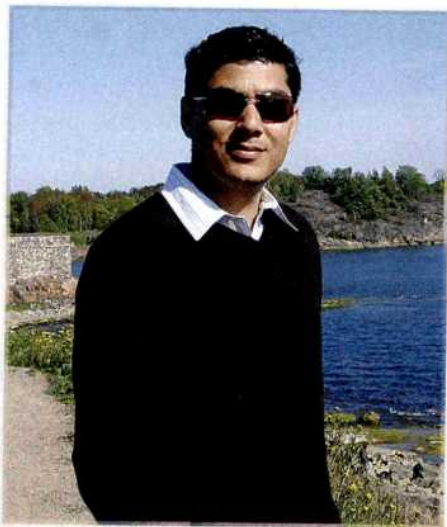
BT MORE RECOMMENDS

- 🍷 Klein Karoo Springbok
- 🍷 Catch of the Day
- 🍷 Pina Colada

Meal for two (without alcohol) ₹3,000 excluding taxes.

For reservations ☎ (+27) 44 533 2030

BT More MY STUFF



VIKRAM MALHI
Country Head, Expedia India

MIND SPACE

Books Draws his strength from works like Gregory David Roberts' *Shantaram* and Sathnam Sanghera's *The Boy with the Topknot* **Media** Keeps himself abreast with world news through BBC **Art** Has a soft corner for the works from Picasso's Blue Period

HOME IMPROVEMENT

Drives Mahindra XUV500

Entertainment System A

Panasonic LED TV enhanced by a Bose stereo system

Fitness Brooks Glycerin 8 running shoes

Pet Would love to adopt a Weimaraner puppy



VANITY FAIR

Fragrance The classic Davidoff Cool Water

Shoes Aldo for work and Puma for the gym

Shirts Thomas Pink and J Press **Suits** Made-to-measure Hugo Boss, Armani and Ermenegildo Zegna **T Shirts** Ralph Lauren

MY FAVOURITE THINGS

Laptop Lenovo Thinkpad in a Kenneth Cole bag **Gadgets** An iPad 3 for working on the go and an iPod for movies **Timepiece** Tag Heuer and Sinn **Handheld** iPhone 4 and Samsung Galaxy



IN GOOD TASTE

Beverage Nothing like a chilled bottle of Thums Up **Spirit** Beats the heat with a refreshing Stella Artois **Restaurant** Abacus and The French Room in Dallas



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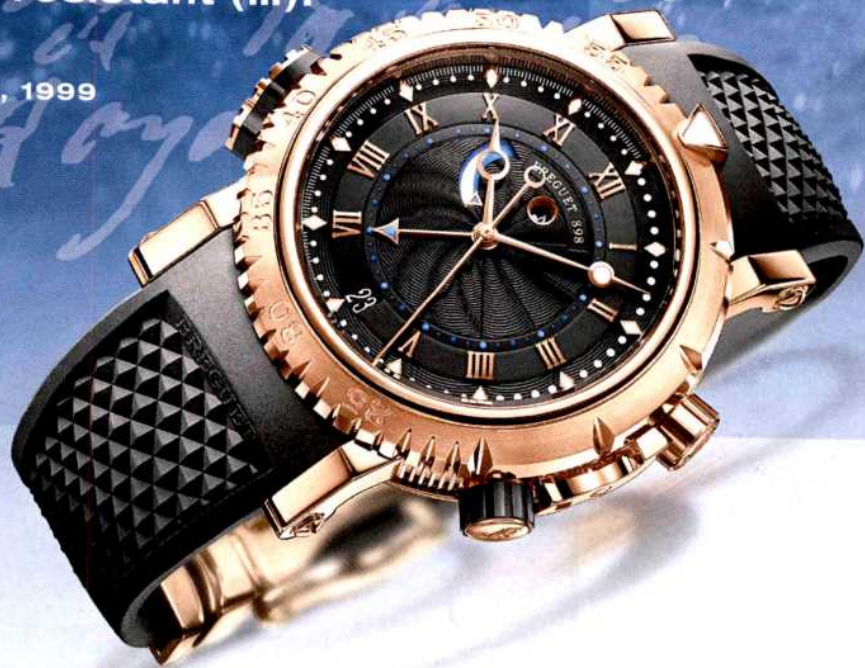
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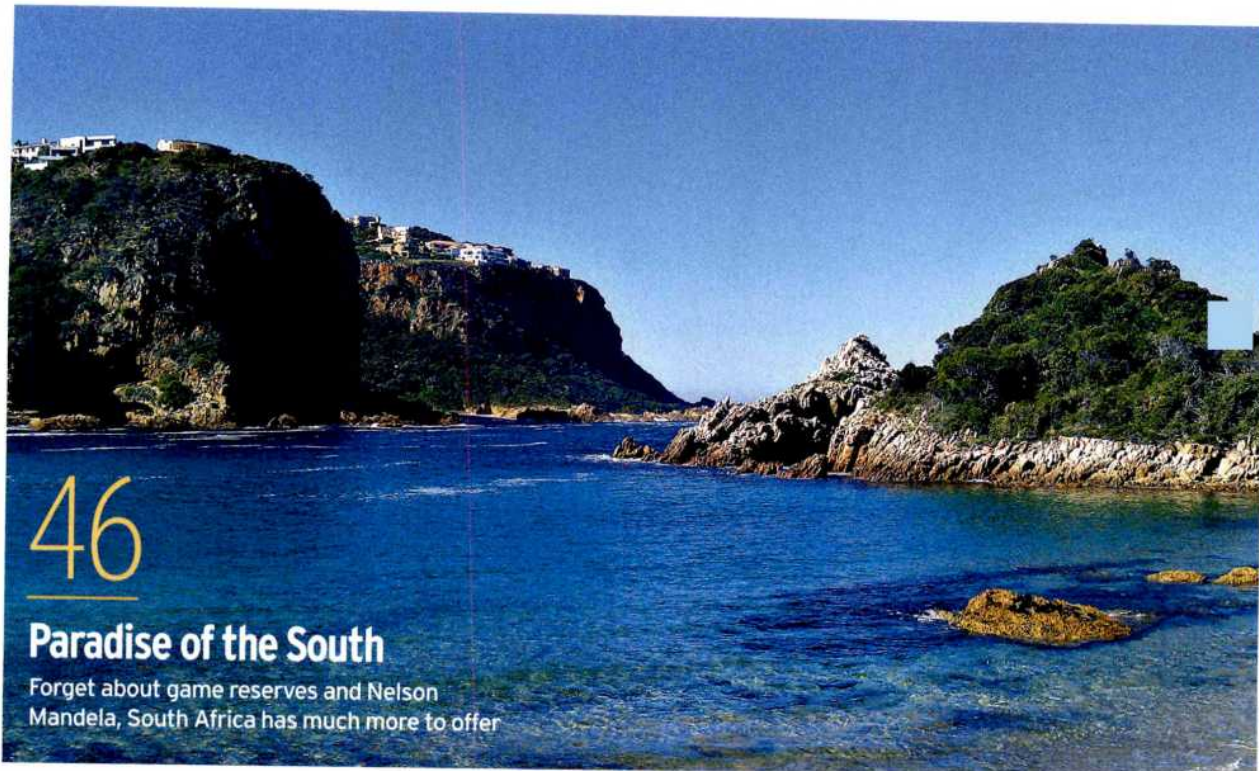
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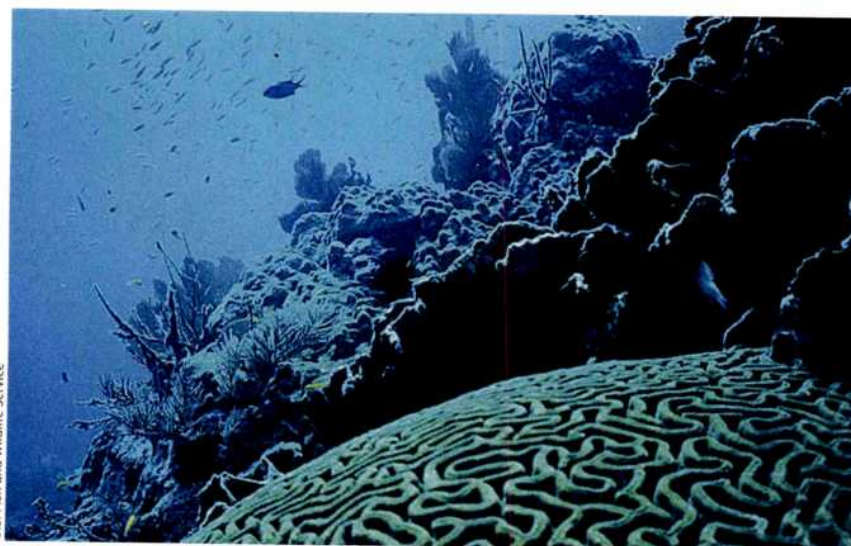


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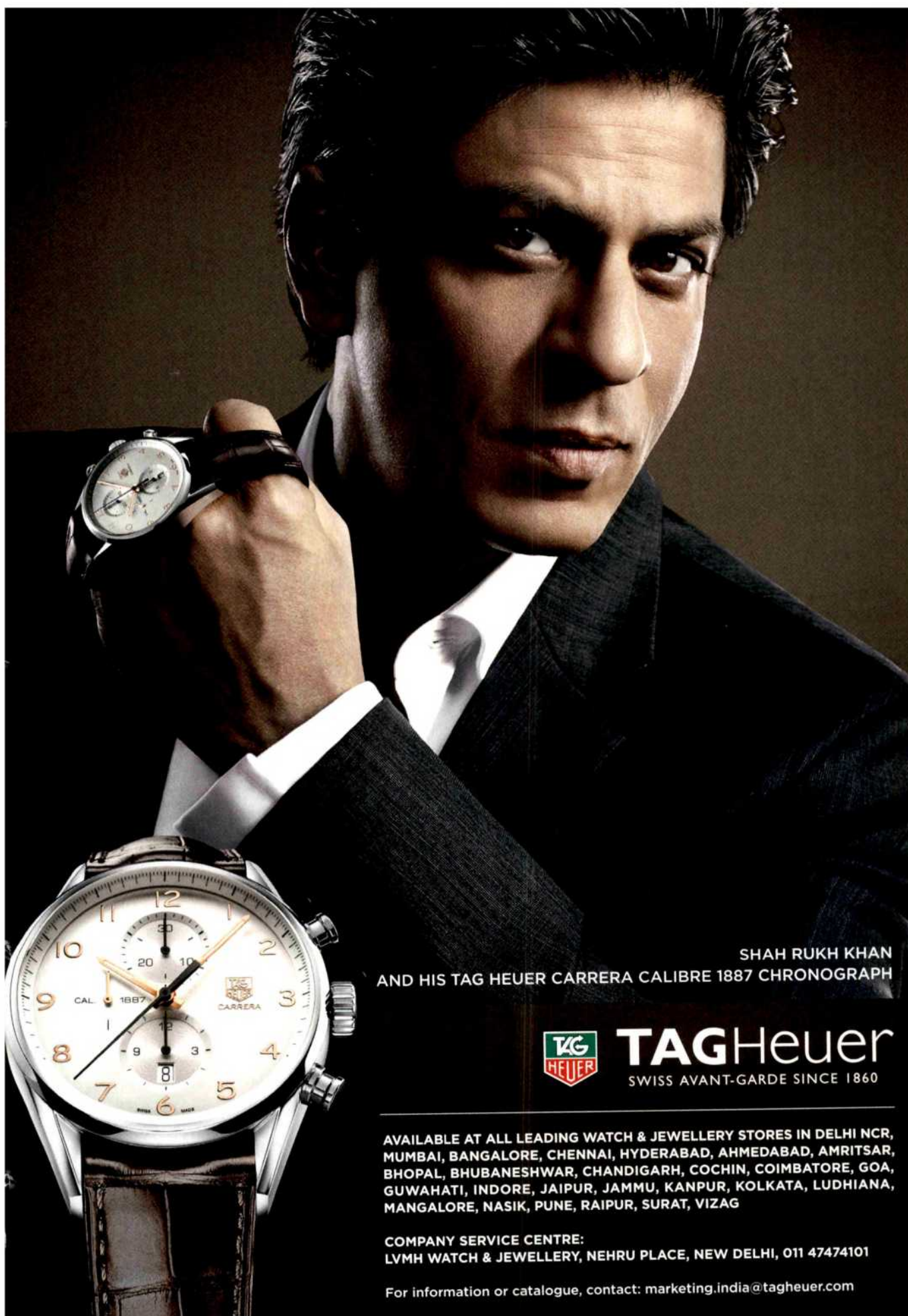
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Restore Old Photographs

Photographer Ranjit Madhavji shares tips on restoring and preserving old images and film

Photographs capture a moment in time. It could be a wedding or a fun family picnic. These moments are precious and losing them can cause immense heartache. In today's digital world, images can be duplicated and back-ups can be made in a matter of minutes but what about the old negatives and prints of your dear ones from a few decades ago? Storing them properly and restoring them eventually will make sure you can revisit your cherished moments even decades from now.

THE CULPRITS

Photographs and negatives are sensitive to light exposure. They are also extremely sensitive to moisture and temperature

fluctuations, which can cause photos to fade and image quality to deteriorate. Here's an example: you may place a cherished family photograph on a wall but if there is seepage of moisture even nearby, it will damage the photograph.

RESTORING WHEN REQUIRED

Old photographs need cleaning once in a while. These photographs need to be handled with care. Wear cotton gloves while working with old photos and negatives to avoid getting fingerprints or oil on them. Clean the prints and films with a cotton wool. Don't grind or rub; the goal is to lift the dust off by using enough pressure to adhere the dust to the fabric. If there are stains on the photographs, remove them with

photograph emulsion cleaner and photo wipes, available at a photo studio.

STORAGE IS THE KEY

Archiving your material is relatively simple. You first need to classify the material into negatives, films and format—from 10/12 inches vintage ones to 4/3 and 2/3 inches—and prints. Once you have identified your materials, you can redistribute them into archival folders, boxes and enclosures.

1. Films and negatives must be wrapped in acid-free paper (commonly known as butter paper) and then stored in polythene bags. Keep them in a cool, dark and dry area.
2. Photographs should be stored flat and even, with acid-free paper in between each prints and finally be kept in a folder. Label the folder according to the occasion, for ease of use.

The octogenarian writer is the owner of Mumbai's iconic 84-year-old Hamilton Studio.



IT'S IN YOUR JEANS

Like men, all jeans are not made equal. Kevin Carrigan, global creative director, Calvin Klein Jeans sheds light upon how you can find the perfect pair that fits like a glove. Shopping for jeans doesn't have to be a traumatising experience. It's simple—there are four different fits: straight, boot, wide, and slim. Finding the right fit for you is dependent on your body type.

Straight Fit This is an everyman's pair and sits perfectly on your sculpted lower half. If you are thin and muscular go for low-rise ones. Ensure that the style sits comfortably on your hips and leaves a few extra inches of legroom.

Alternatively, if you are well-built and tall, go for mid-rise fits to maintain proper proportions.

Flare/Boot Cut Flare-cut styles should sit just below your natural waist and should be slightly loose through the leg. They look best on broad-built men.

Relaxed Fit These are laid-back slacks with maximum legroom as they are cut fuller from the waist all the way to the hem. This fit is the best option for a stocky man.

Slim Fit Remember Mick Jagger gyrating in these calf-clenching numbers? Slip into them, if you are thin and small-built. It will give an illusion of body width.

TRAVELLING WITH KIDS

Rajiv Malhotra, head of marketing south-east Asia, Hotels.com, shares valuable tips on travelling with kids.

Sleep Well Before Both you and your child should get enough sleep before going on holiday as the anticipation and excitement of the adventure can take its toll and tired children are often hard to console or reason with. If everyone is feeling rested and fresh, it should make the journey a little easier.

Travel Light Kids are a handful themselves, they also need more stuff (especially for infants) while travelling. So cut-down on luggage as much as you can.

Keep 'em Busy Besides the lack of sleep, it's often boredom that begets bad behaviour, so keep the little ones busy during travel time. Pack colouring books and toys in your carry-on bag or better yet, make the most of the in-flight entertainment or your smart phone if driving.



SOUNDS LIKE YOU KNOW ABOUT SAMUEL MAVERICK

Samuel Augustus Maverick was a 19th-century Texan lawyer and land baron. His name is the source of the term 'maverick,' first cited in 1867, which means 'independently minded.'

To settle a debt of \$1,200, a client gave Maverick 400 head of cattle. He decided to let his cattle roam free without a brand to indicate his ownership.

This bold move confused all the nearby

ranchers who began to wonder, "Why would anyone let their cattle roam free without first being branded?"

Not long after releasing his cattle, Maverick shrewdly announced that any cattle found without a brand in southern Texas were *his* cattle.

The word maverick became widely used throughout the West to describe any unbranded cattle roaming free in a world.

KICK THE BUTT WITH THESE FOODS

Dr Vijai K S Shukla, Chairperson, Omega 3 Council of India, gives tips on quitting smoking by adding the following nutrients in one's diet:

Omega-3 Fatty Acids It is commonly found in marine and plant oils. Studies assess that a four-week oral treatment supplemented by two grams of Omega-3 fatty acids every day improve the arterial health of cigarette smokers. The results showed that short-term treatment with the fish oil improves arterial stiffness and minimises damage to arterial elasticity.

Vitamin E Cigarette smoke contributes to changes in dietary cholesterol and make it stick to the artery walls. The anti-oxidant properties of vitamin E help prevent cholesterol from changing in this harmful way. Good dietary sources of vitamin E include sunflower seeds, almonds, olives and oils made from these foods. Leafy greens like spinach also contain healthy amounts of vitamin E.

Green Tea Green tea can boost your immune system by fighting free radicals. Smokers who drink up to six cups of green tea daily suffer 40 to 50 per cent less damage from smoke toxins.



HOW TO PLACE 5.1 SPEAKERS CORRECTLY

Speakers work together with the room or environment in which they're placed, so buying the right equipment is only half of the story. To get the best from them you need to position them correctly. Here's how you can get the optimum output from your 5.1 speakers.

CENTRE CHANNEL

The centre channel delivers at least 50 per cent of the sound on a soundtrack. It can either be placed on top of the screen, or if that is not possible on the ground and directed towards the audience.

LEFT AND RIGHT CHANNELS

They should be placed on either side of the TV screen and at least 8-12 feet apart. It is also advisable to angle them inward by about 20-30 degrees so the sound they project hits the viewer accurately.

SUBWOOFER

Apart from keeping it on the floor, there's no specific rule for placing the subwoofer since it sends sound

in all directions. However, that rumbling bass feel may vary depending on the subwoofer's location and nearby furniture. The closer you place a speaker to a corner, wall or ceiling, the stronger the more sound you will have reflected around the room.

REAR CHANNELS

The general rule of thumb here is to match the distance to the viewer from the left and right channel speakers. Ideally these speakers should be 6-20 inches above ear level while you are seated.

ROOM ACOUSTICS

The shape of your room and its furnishings can make a big difference to the quality of the sound you get. For example, too many bare surfaces can cause sound waves to bounce-off and make what you're hearing sound slightly harsh. Carpeting and drapes will absorb echoes and a bit of bass. Sharp angled surfaces reflect sound more but also add faint echoes.

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Featured here are Miele double Burner Gas Hob, Induction Hob, single Burner Gas Hob and Barbeque Grill

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COLLECTOR'S OUT



ALESSIO SECCI
Co-Promoter and Director,
Fratelli Wines

Grapes of Glory

Do you like the idea of a wine collection but can't tell your varietals? Here's what you need to know to ensure your cellar is stocked right.

Once a preserve of deep pockets and deeper cellars, wine collecting has caught up with a younger generation. But before you cough-up an exorbitant amount of money on a rare varietal, you must remember that wine collecting is not just about finding a spot for a prized bottle and the vanity that comes with it. Hence homework is very important. For now, here's a list of five must-have varietals for any good collection:

Must-Have Wine Varietals

Sangiovese It's the king of grapes in Tuscany and is the base for all Supertuscan wines. It is elegant, natural, has good acidity and will yield smooth tannins when aged for at least three years. **Region** Chianti, Italy. **Best vintages** 1997, 1999, 2006, 2009, 2010.

Sauvignon Blanc A very attractive and fruity, floral wine, much appreciated by ladies. It is impressive on the nose but 'watery'. Depending on the region, you can find a typical Sauvignon nose but with a firm, mineral structure making this one outstanding. **Region** Bordeaux, France. **Best vintages** 2005, 2008, 2009.

Cabernet Sauvignon It is fantastic for its complex aromas and flavours. This is

a perfect wine for aging in a carefully controlled environment. **Regions** Bordeaux, France; Napa Valley, US; Bolgheri, Italy. **Best vintages** 2007, 2009, 2010

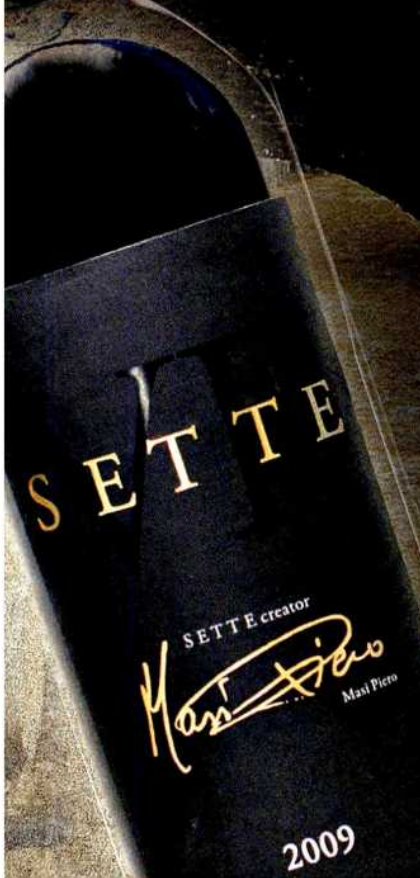
Pinot Noir This varietal is known for its floral notes, elegance and finesse. It distinguishes itself for its light colour and a great aging potential making this wine silky and smooth after three to four years. Pinot Noir can be drunk young, but its famed complexity only comes with age. **Region** Burgundy, France. **Best Vintages** 1991, 1999, 2005, 2008, 2009

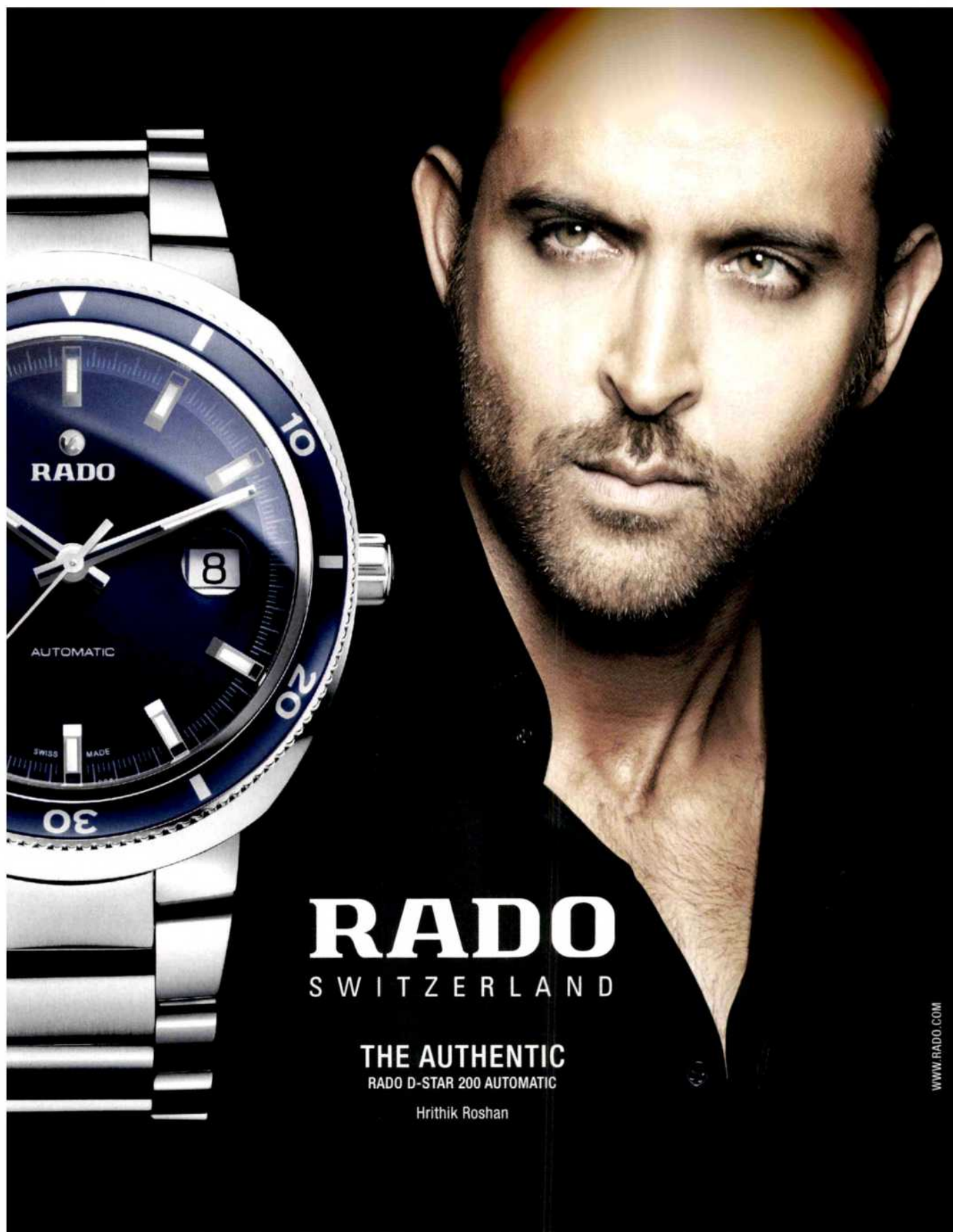
Chardonnay The king of white grapes, is another must for your collection because of its fruity aromas and flavours. **Region** Burgundy, France, Chianti, Italy. **Best Vintages** 1999, 2006, 2008, 2009

How To Store Your Wines

Always store a red wine such as Cabernet Sauvignon, Sangiovese or Pinot Noir in a dry area, between 16 and 18 degrees Celsius. White wines such as a Chardonnay or Sauvignon Blanc are best stored between 12 and 14 degrees. Sparkling wines such as Champagne should be kept between six and eight degrees. Whatever the varietal, ensure it is stored away from light and heat.

With Piero Masi, Creator Fratelli Wines





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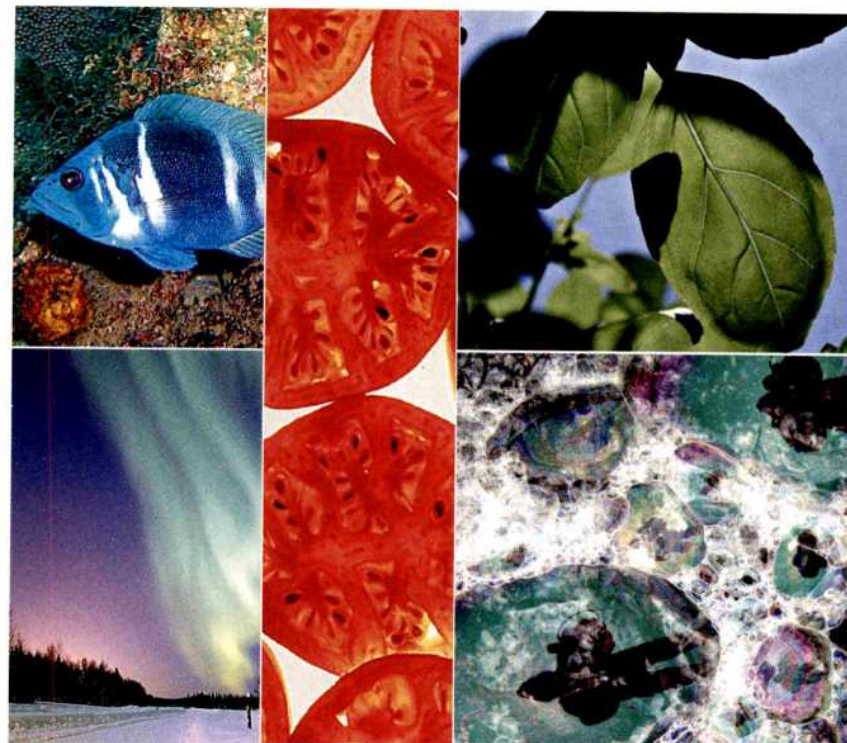
THINK TANK

Shades of the Season

Colours and themes that will inspire fashion designers for the spring and summer of 2013

Every September the runways of the world's fashion capitals get set to welcome the world after a summer break. New York, Paris, London and Milan showcase local designers and the biggest labels at the top of their game, with each craftsman's individual take on Spring/Summer trends for 2013.

While cuts and lines are still being discussed and debated, the colours seem to have been decided. So what can we expect? Colour researchers at *The Ultrabright* have created palettes that they believe will make a splash next year. The big influencers, they say, will come from 1990s washed-out brights, unconventional colours and textures from the web and nature itself.



Green, according to them, has been falling in and out of favour over the past few years. In fact, it was barely used last year even though it featured boldly the year before. Next season, it returns with shades such as basil, bistro green and viridian among the more popular ones. Yellows such as dusky citron, citrus and even banana

cream seem to be quite popular.

Among the stronger shades, look out for princess blue, blue mist and baja blue. Reds such as tomato, teaberry and carmine will also be big. And finally, don't miss the slightly unconventional shades for those highlights such as ash, chocolate chip, almond cream, orchid ice and dewberry.



Definitely Not a Free Lunch

As celebrations go, meals costing several thousand dollars are not unheard of. But would you spend \$12,000 on one dish? Chef Renato Viola from Italy believes his lobster, caviar and eight cheese Louis XIII pizza is worth that much. As a bonus, he'll send his chefs anywhere in Italy to make it fresh for you. The Louis XIII got us thinking. How about \$3,000 for the samundari khazana seafood curry

at London's Bombay Brasserie? Besides Devon crab, Beluga caviar and Scottish lobster, you're also paying for white truffle shavings and gold leaf. Or try the \$2,000 a slice wagyu meat pie at Lancashire's Fence Gate Inn. Buy the whole \$16,000 pot pie made from Kobe beef and matsutake mushrooms and you'll get two complementary bottles of the 1982 Chateau Mouton Rothschild.

RISEING CRESCENT

Some believe it has the unmistakable shape of a crescent moon. Others see crossed swords. Either way, Doha's Marina Towers promises to be one of the Middle East's most iconic buildings with inspiration from the region's rich heritage. Located in Lusail, about 15 kilometres outside Doha city center, the developer, Qatar's Katara Hospitality, says the five-star property will hold approximately 800 units. These include hotel rooms, residence apartments, offices, recreational facilities, specialist boutiques and restaurants. They add that it will cater to approximately 250,000 people at any given time. Katara Hospitality aims to have the entire property up and running by 2016. While the group is targetting big business during the 2022 Football World cup, it hopes the Lusail Marina Towers will eventually become a getaway for Middle East leisure travellers looking for luxury accommodation.



Trumped-Up Home

What if Donald Trump ran for President and won? That's the question put before artist Cimon by a client who wanted a sculpture that would encourage Trump to run for the White House. When Trump decided not to run in 2011, the client pulled his commission, but Cimon loved the concept so much he decided to complete The Trump House project. Inspired by the real estate mogul's over-the-top casinos and residential buildings, the results are obvious. The surface is encrusted in Swarovski crystals and took 100 hours to complete. This 10-cm tall, one-of-its-kind art project was then placed on eBay for sale, with a reserve price of \$5,000.

THINGS TO DO THIS MONTH



LONDON DESIGN FESTIVAL, UK

Explore more than 300 events and exhibitions at this festival that demonstrate the best of global design. The London Design Festival which runs from 14-23 September, will feature large scale installations in London's public places created by the world's leading designers and architects.

Website Londondesignfestival.com

MID-AUTUMN FESTIVAL, HONG KONG

One of the biggest festivals of the Chinese calendar is celebrated with much fanfare in Hong Kong. On 17 September, join in the festivities with traditional moon cakes that come in a variety of flavours. The city dresses up in colourful ribbons and elaborate displays of lanterns, while it puts on parades and dragon dances.

Website DiscoverHongKong.com



US OPEN, NEW YORK

With Roger Federer's win at Wimbledon, all eyes turn to Flushing Meadows in New York between 27 August and 9 September. The greats of the tennis world return for one giant contest. Will Federer continue his form or will Nadal, or even Djokovic take one back? The 2012 Grand Slam season concludes.

Website USOpen.org



OKTOBERFEST, MUNICH

The annual festival pulls in millions of tourists to Munich in Germany's Bavaria region. This year it will be held from 22 September to 7 October. In 2010, 6.4 million visitors drank seven million litres of local beer and ate 500,000 chickens, 40 tons of fish and 120,000 pairs of sausages. This is German food and drink at its most popular.

Website Oktoberfest.de/en

NEW RELEASES

GANGSTER'S PARADISE

This mobster movie tells the story of LA mobster Mickey Cohen. Its selling point is its stellar cast. Think: Sean Penn as Cohen with Ryan Gosling, Giovanni Ribisi, Josh Brolin, Nick Nolte and Robert Patrick playing the cops who chase him. Now that's a showdown if there ever was one. To say that Cohen lived the big life is an understatement. He lived in a mansion that was armed like a fortress

and his known associates included Ol' Blue Eyes, Frank Sinatra, himself. But the violence in the movie has got it into trouble. One scene showing gangsters firing at an audience from behind the screen may have to be excised following the shootings at the theatre in Colorado this July. Still, the movie is on schedule to release by September 7. For the cast alone, it is well worth your time.



MARINE CUISINE

The New England coast is famous for its incredible sea food. That's perhaps why celebrated chef Michael Cimarusti has decided to take that cuisine outside the confines of the north-eastern US and spread it all the way to the other side of the continent. He opens a brand new restaurant *Connie & Ted's* in Los Angeles this month. It will focus on dishes from his native Rhode Island. Cimarusti, who owns LA's critically-acclaimed Providence restaurant, kicked off the project after taking over a West Hollywood diner. With New England seafood dominating the menu, expect a delicious new twist on traditions such as steamer clams, chowder, clam cakes and lobster rolls. If you like sea food, this is a 'can't miss'.



KICKING AND DREAMING

At their peak, sisters Ann and Nancy Wilson were churning out hits such as *Barracuda* and *Alone*. In this book, the Wilsons recount a quintessential rock n' roll story that's finally told from a female perspective.



GOD: A STORY OF REVELATION

Deepak Chopra's latest book blends storytelling and teaching to explore the evolution of God. He does so by exploring the lives of ten prophets, saints and mystics from around the world.

50 YEARS OF DYLAN

It's hard to think of a man with more influence on the art of songwriting than Bob Dylan. The legend will celebrate 50 years on stage this September 11 when he releases his new album *Tempest*. It will be his 35th studio album and the first since 2009's global bestseller *Together Through Life*. Dylan was inducted into the Rock n' Roll Hall of Fame in 1988 and was awarded the Presidential Medal of Freedom, the US's highest civilian honour, this year. A career any artist would be proud of.





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All In Good Time

Some believe that time as we know it would end in the year 2012. Instead, we now see it continuing to be redefined by the masters of haute horology.

BY R PALLAVI AND HITANI KAUR

Form and function are the hallmarks of the high-end watch industry. Water-resistant dials are made in gold, while complications depicting astronomical movements are encrusted in diamonds. *BT More* packs in all the action from recent Swiss watch fairs: Basel World and Salon International de la Haute Horlogerie (SIHH) after a record setting year for one of the country's best-known industries. If Breguet immortalised Marie Antoinette's extravagance with brilliant cut diamonds, Rado infused gold stripes into ceramic. Tag Heuer upped its speedometer in a sparkling steel dial. Similarly, Omega embedded a diving scale onto a rose-gold case and Parmigiani reintroduced the second hand from a centuries-old pocket watch on an arty watchface. Vacheron stunned with more métiers d'art engravings and Blancpain turned a watch's inner-motions into poetry. Browse through the best of the best in our annual watch special. You may just find your next family heirloom.

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Movements



▲ Blancpain

VILLERET SQUELETTE 8 JOURS

A skeleton complication is the true test of a watchmaker. A mesh of finely cut metals need to work in precision and look artistic. Blancpain's open-worked Villeret manages this beautifully. The skeleton watch is chamfered, engraved and then fitted with sapphire crystal on either side.

Movement Three series-coupled barrels ensure an eight-day power reserve.

▼ Breguet

TOURBILLON FUSÉE

In 1795, Abraham Louis Breguet crafted the first tourbillon by mounting the escapement and the balance wheel in a rotation cage. Elevated over the surface of the dial, this placement could negate the effects of gravity and give precise readings in whichever position the watch was placed. The Tourbillon Fusée is a rose gold edition of the Tradition 7047 launched in 2006. Like its predecessor, it features a black silicon balance spring which looks striking against the new black galvanic coated and engine-turned 18-carat gold dial. **Movement** Hand-wound tourbillon studded with 43 jewels.



The Swiss watch fairs of 2012 have been abuzz with astronomical dials, chimes that run on acoustic physics and new discoveries in the mechanic dynamism of precious metals. Let's take a look at the movements that put the watchmakers' scientific and artistic abilities to test.



▲ Parmigiani

TORIC MINUTE REPEATER

Parmigiani doesn't have an enduring heritage to speak of but it is dedicated to restoring historic horology. This model reprises the special sector seconds movement from a 19th century Perrin Frères pocket watch in a striking half-moon aperture. It has 60-minute indexes with each quarter-hour sector in 5-minute markings. The dial features a geometric design set in mother of pearl. **Movement** Calibre PF 321 with cathedral chimes.

▼ Girard Perregaux

1966 MINUTE REPEATER

Before the advent of electric lighting, minute repeaters would strike the hours with catchy sounds. Centuries later, the sound continues to evoke the same reverence. This pink-gold classic conceals under its dial two coiled circular gongs. For optimum resonance, the diameter of the calibre is balanced with that of the case. Its acoustic merits stem from the curved case-back which increases volume of air inside and a diamond polishing that reduces interference. **Movement** It creates 21,600 vibrations per hour.



▼ Rolex

SKY DWELLER

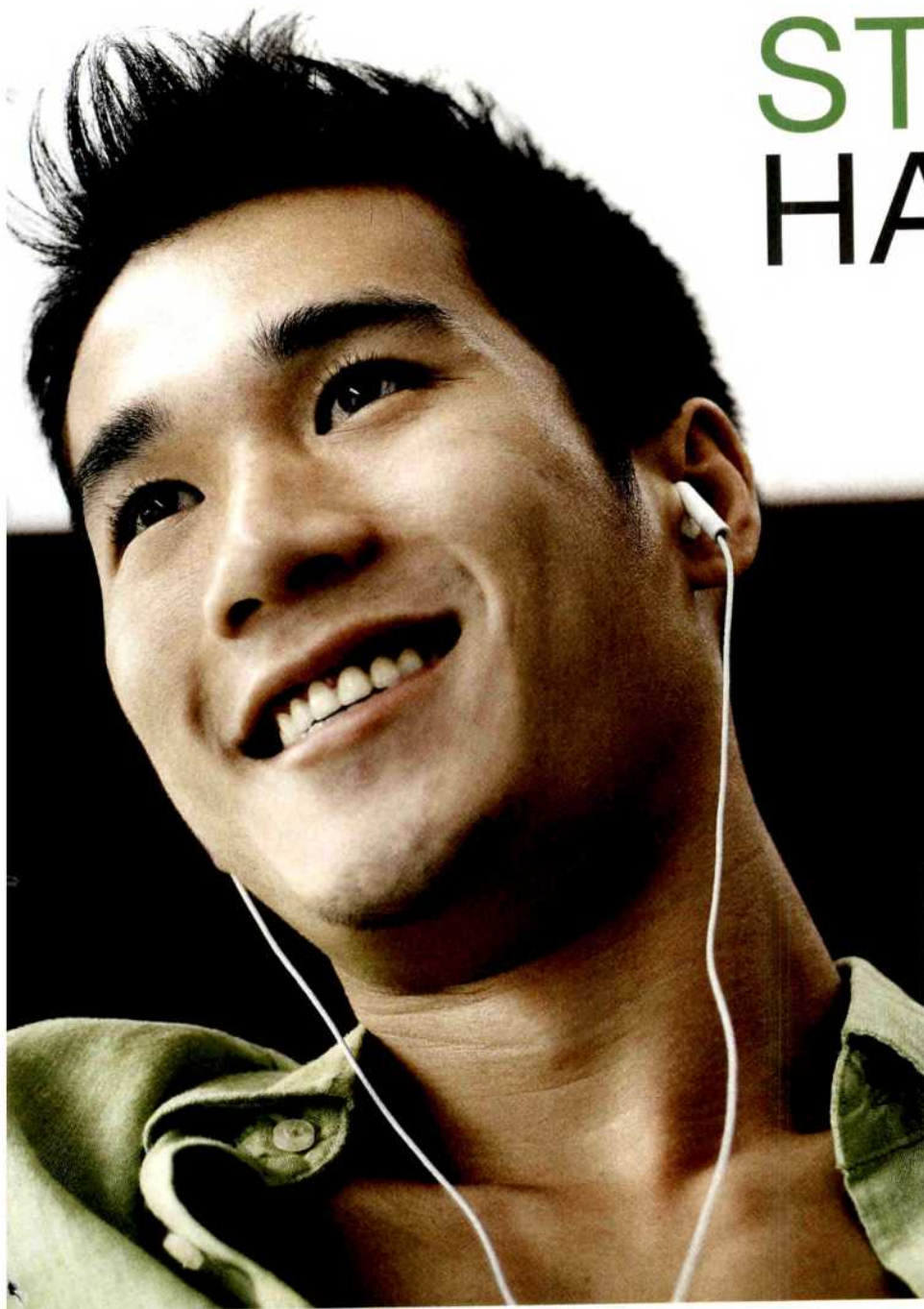
For Rolex purists, the 24-hour markings on the ring epitomised not just its famous dual-time feature, but also the brand's spirit. This new piece has opened up avenues for form and function. Frequent fliers can keep tab of their home time through an arrow pointing towards an hour number on the rotational disc in the centre of the dial. This can be controlled by rotating its indented bezel. The chocolate sunray dial is complemented by a polished everose gold casing. **Movement** Self winding dual-time with a perpetual calendar.



▲ Omega

CONSTELLATION

Unlike the conventional Swiss level escapement that triggers a sliding friction between the hidden toothed wheels, the co-axial movement connects the watch's bearings on a mere radial impulse. This means less friction and removes any need for lubrication. The co-axial Constellation features 18-carat rose gold stars, some recessed into and others engraved over its mother of pearl dial. It is also studded with full-cut diamonds, 144 on the bracelet and 32 on the bezel. **Movement** In-house calibre 8521.



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▼ Chopard

L.U.C LUNAR ONE

Endowed with a perpetual calendar, the watch indicates time in every unit: the date, the hour, the minutes and the seconds. Taking things to a whole new level, the small seconds axis displays the phases of the moon. The difference in accuracy is a mere 52.7 seconds per lunar cycle which boils down to one in 122 days. **Movement** Bears the Poinçon de Genève quality hallmark.



▲ Roger Dubuis

PULSION FLYING TOURBILLON

The brand that's kept its faith in the dexterity of skeleton movements unleashed yet another one at this year's SIHH watch fair. The Pulsion Flying tourbillon features a sapphire crystal that's directly screwed onto the case, as though allowing you to feel it. The numerals are engraved under glass and are highlighted by the luminescent metal workings. **Movement** Hand-wound mechanical with 165 parts plated with anthracite rhodium.



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▲ Montblanc NICOLAS RIEUSSEC CHRONOGRAPH

To commemorate the 190th anniversary of French horologist and inventor of chronographs Nicolas Rieussec, Montblanc has launched a piece that's set in blue steel. Like in the original, the hands don't rotate over all sub-dials, and instead maintain their accuracy. The blue steel dial is offset by the colour brushed metallic screws. **Movement** Monopusher



▼ Breitling

TRANSOCEAN UNITIME

With a globe in the centre and a bezel embossed with world cities, the watch almost yearns for a traveller's wrist. A simple turn of the crown will update the time, date and city. Its polar white dial sits pretty in an 18-carat rose gold casing. **Movement** World timer precise to 1/4th of a second.



◀ Zenith

EL PRIMERO CHRONO- MASTER 1969

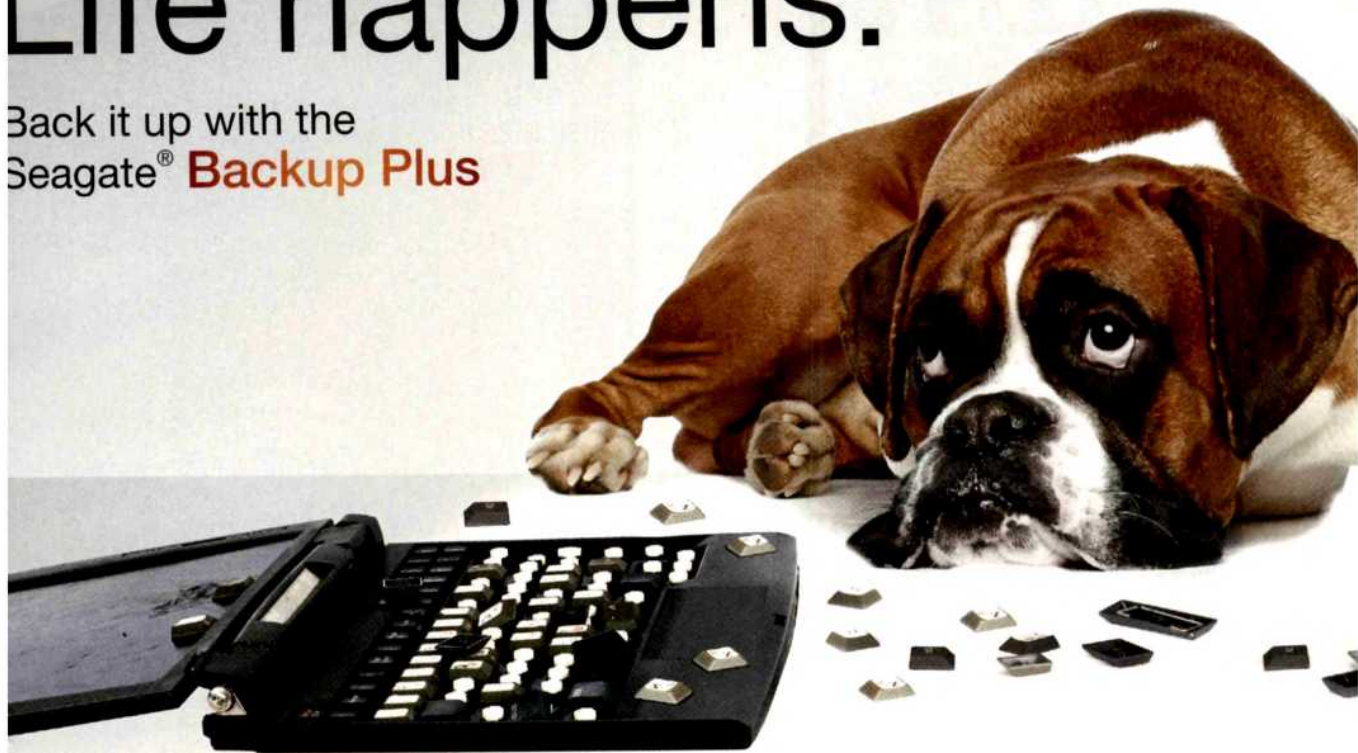
The El Primero chronograph shot to fame in 1969 because its automatic mechanical series-made calibre was precise to 1/10th of a second. The sub-dials on the new chronograph imitate the original in terms of colour and placement. **Movement** El Primero 4061 calibre with a 50-hour power reserve



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Limited Edition

In the watchmaking universe, exclusivity comes in the name of Limited Edition series. An ode to excellence, these watches are the crowning glory of their brands.

▼ Breguet

MARIE ANTOINETTE

Breguet's new version of the Marie-Antoinette Dentelle watch is a tribute to the French queen's love of lace. With a lace-inspired design in white gold, the jewelled watch is decorated with 70 brilliant-cut diamonds along the curved case and mother-of-pearl dial. A sphere decked in 98 brilliant cut diamonds and attached to the case at 6 o'clock reveals a magnificent oval ruby of almost 1.2 carats. A mere five pieces of the watch are produced each year.



▲ Vacheron Constantin LES UNIVERS INFINIS

Crafted using engraving and enamelling techniques, interlocking shells and starfish form an ochre-tinged seabed with slender light skeletonised hands hovering above. Inspired by work of artist Maurits Cornelis Escher, the watch comes in an 18-carat white gold case with a transparent, sapphire crystal caseback and black Mississippiensis alligator strap. Only 20 limited edition pieces are available.

Hublot

TUTTI FRUTTI TOURBILLON PAVE

Hublot's first tourbillon watch for ladies, this elegant, timepiece is set with stones in trendy colours and 621 diamonds totalling 3.82 carats. The perfect fusion of watchmaking expertise and feminine style, the Tutti Frutti Tourbillon Pave has been created entirely in-house, in the workshops at the Hublot Manufacturer. Fitted with a movement comprising 153 components and a flying tourbillon visible on the dial side, this limited edition offers 18 pieces for each colour.



▼ Greubel Forsey TOURBILLON 24 SECONDES CONTEMPORAIN

The Tourbillon 24 Secondes Contemporain is characterised by a round case and an emphasis on the technical aspects of its movement. The timepiece challenges the frontiers of horological architecture in three-dimensions, where the depth of vision is enhanced by a royal blue finish of the plates and bridges. This unique edition of 33 pieces features a titanium movement and platinum case.

▼ Audemars Piguet LEO MESSI ROYAL OAK CHRONOGRAPH

Leo Messi became the brand ambassador for Audemars Piguet in 2010, and today the soccer player has a watch dedicated to him. The Leo Messi Royal Oak Chronograph will be limited to 1000 pieces, where each watch comes in a case shaped like a lacquered shoe box decorated on the inside with the player's dedication. Made up of 304 components, the watch is additionally fitted with a single-block of 18-carat gold oscillating weight.





▲ Cartier ASTROTOURBILLON CARBON CRYSTAL

Cartier's limited edition Rotonde de Cartier Astrotourbillon Carbon Crystal watch incorporates some of the technology showcased in the IDTwo concept watch, but unlike the ID Two, this one is for sale. The watch features an in-house Cartier made movement which is a re-think of the traditional tourbillon escapement. It comes in a 47mm wide niobium-titanium case, sports white and grey tones, and the centre dial has been skeletonised, to make the movement highly viewable. Only a limited 50 pieces of this edition have been pledged.

▼ Jaeger-LeCoultre GRAND REVERSO ULTRA THIN

A timepiece with two finely crafted faces, the Grande Reverso Ultra Thin Squelette is entirely open-worked and decorated by hand. Issued in a 50-piece limited edition, the Grande Reverso Ultra Thin SQ radiates emblematic Art Deco lines. The mechanical movement reveals its interwoven wheel-trains and the sides have been individually hand-drawn, chamfered, polished, chased and engraved. The emissary of an artistic and technical expertise.



KONARK FESTIVAL

Against the silhouetted backdrop of the famous Sun Temple, a World Heritage Monument, a group of nimble-footed damsels went through the intricate and complex movements of Odissi dance enthraling a large audience. It was as if the dancers carved on the 700-year-old walls of the temple had descended to transport the crowd to an ethereal experience. "It's awesome", exclaimed a foreign tourist, as she looked at the contours of the majestic temple, a remnant of the original edifice, under a star-filled winter sky.

"We have an opportunity to have a look at the grand sculptures of the 13th century shrine on the sea and a peep at India's diverse cultural milieu at the same time. It's an ecstatic experience with few parallels elsewhere", she said. Ever since the Konark Dance Festival began in 1989, it has become one of the favourite tourist destinations as it is held over five days from December 1 to 5 every year. An endeavour of the Odisha Tourism and the Odissi Research Centre in

Bhubaneswar, it has been one of the most successful cultural festivals in the calendar attracting people from far and near.

Exponents of age old classical dance forms like Bharatnatyam, Kathakali, Kuchipudi, Mohiniattam, Manipuri, Chhau and Odisha's own Odissi perform on the grand platform in the open air theatre. This year, the festival will be held on the same dates with performers belonging to different dance forms participating.

The Craft Mela and Handicraft Exhibition, organized by the Industries department of the Odisha government, also attracts the visitors who are fascinated by the trendy handicraft items, rural handloom products with pottery with skilled artisans and craftsmen putting on show their dexterity set in a rural landscape.





▲ Jaquet Droz PETITE HEURE MINUTE RELIEF DRAGON

Celebrating one of the most venerable of Asian legends, Jaquet Droz has endowed the Petite Heure Minute Relief Dragon with sumptuous materials and technical features. Delicately engraved in gold and mounted on the dial, the dragon rises from a bed of mother-of-pearl, with its tail engraved on the oscillating weight, which is visible through the back of the case. Red gold highlights each detail of this spectacular model issued in a limited 88 pieces.

▼ Ulysse Nardin CALIBER 118

Last year, UN's astronomic complication Moonstruck had left the world awe-struck. This year, its Caliber 118 has woven toughness into a delicate precision movement. A concoction of silicium and 50 man-made diamonds, eliminates friction and removes the need for lubrication of the escapement, thereby defeating the prime reasons of a watch's wear-and-tear. The movement features an in-house produced oscillator adjustable to four screws.





NAGALAND

LAND OF FESTIVALS

The State of Nagaland is located in the North Eastern part of India. It is inhabited by sixteen tribes speaking different dialects with distinct customs and traditions. The tribes celebrate their traditional festivals at different times of the year, besides which the State Government has declared Hornbill Festival as the State Festival in 2003 to be celebrated every year from 1st Dec to 7th Dec. The sobriquet of the State is therefore, "The Land of Festivals" as declared by the Chief Minister, Shri. Neiphiu Rio and adopted by the State Tourism Department in 2009.



January 15th CHAKHESANG TRIBE Sühkrühnye festival

Sühkrühnye is celebrated by the Chakhesangs on 15th January and was traditionally celebrated for eleven days. It is the festival of sanctification by offering sacrifices to deities.

January 17th KUKI TRIBE Mimkut festival

Mimkut is celebrated by Kukis on 17th January. It is a festival for appeasement to Demons and sacrifice offering to God. The festival is also associated with the harvest of the crop 'Jobs tear' and is the time for exchange of gifts and visiting relatives.



January 27th KACHARI TRIBE Bushu festival

Bushu is the festival of Kacharis, held on 27th January. It is a festival of thanksgiving to the Creator for harvest, and is jointly celebrated among villages.



February 25th ANGAMI TRIBE Sekrenyi festival

Sekrenyi is celebrated by the Angamis on the 25th February. The ten-day traditional festival is also called Festival of Ablution or Sanctification. During the 1st three days of the festival, strict rituals are followed with male and female segregations. This period is followed by the period of merry making and feasting.



March
ZELIANG TRIBE
Mileingi festival

Mileingi is celebrated by the Zeme of Zeliang tribe in the month of March. It is the festival of bravery, abundance and procreativity. During the festival mass marriage of the year is held.



April 1st Week
PHOM TRIBE
Monyu festival

Monyu is celebrated by the Phoms in the 1st week of April. It is a new year festival for fortune telling and community planning. The festival is observed for renewal of love and affection to the sisters of a family and of respect to women.

April 1st to 3rd week
KONYAK TRIBE
Aoleang Monyu

Aoleang Monyu is the new year festival of the Konyaks, celebrated between 1st to 3rd April. It is the festival for imploring God for a fruitful year and traditionally celebrated for six days. During this festival new fields are selected and sacrifices are offered and gifts shared with field neighbors.



April 24th
CHAKHESANG TRIBE
Tsükhenye festival

Tsükhenye is celebrated on 24th April by the Chakhesangs. The traditional festival was for four days, during which they share their best food and visit friends and relatives. This festival marks the end of festive season and the beginning of fruitful activity.

May 1st week
AO TRIBE
Moatsü festival

Moatsü is celebrated by the Aos from 1st to 3rd May, after the sowing of seeds for fertility of the land. During the festival a forecast of fortune is performed around the 'Sangpangtu fire'.



July 8th

SUMI TRIBE

Tuluni festival

Tuluni is celebrated by the Sumi tribe on 8th July. It is a festival of group bonding and friendship and is also the festival of the in-laws and the betrothed. Gifts exchanges and feasting among the families of matrimonial alliances are performed during this festival.

July 13th

CHANG TRIBE

Naknyu Lem festival

Naknyu Lem is the festival of the Changs, celebrated on the 13th July. It is the festival of light and fortune telling. Decorations of houses and exchange of gifts are held during this festival of games and competitions.

August 4th to 8th

YIMCHUNGRI TRIBE

Medümneo festival

Medümneo is celebrated by the Yimchungri tribe between 4th to 8th August. It is a festival of Millet harvest and dedicated to agricultural implements such as the dao, spade and hoe etc. The departed souls of relatives are remembered during this feast.

September 1st week

SANGTAM TRIBE

Mongmong festival

Mongmong is celebrated by the Sangtam tribe in the 1st week of September. It is a festival in honour of the spirits of the house and the hearth stones. The festival heralds harvesting of crops and rituals of appeasements against natural calamities are performed by the women. Thanksgiving of God and renewal of friendships with friends and relatives by visiting and feasting are part of the festival.

October 1st week

KHIAMNIUNGAN TRIBE

Tsoküm festival

Tsokum is the festival of Khamniungans held in the 1st week of October. The festival serves as the inauguration of crop harvesting and as thanksgiving to deities. The festival includes community work of road repairs and construction of bridges.

**October 1st week
POCHURY TRIBE**

Yemshe festival

is celebrated by the Pochury in the 1st week of October. It is a festival of thanksgiving for harvest, sanctification and marriage. Rituals of demon appeasements and remembrance of dead souls are performed during the festival.



**October
ZELIANG TRIBE**

Langsimngi/Chega Gadi festival

Langsimngi is celebrated by the Zeliangs in the month of October. It is the festival of family reunion, especially between parents and married daughters, brothers and sisters and among sisters or among brothers.



**November 7th
LOTHA TRIBE**

Tokhu Emong festival

Tokhu Emong is celebrated by the Lothas on 7th November. It is a festival of thanksgiving for good harvest, renovation, reconciliation and friendship. Pledges of loyalty, fidelity and life-long friendships are exchanged during this festival.



**November last week
RENGMA TRIBE**

Ngada festival

Ngada is celebrated by the Rengmas in the last week of November. It is a festival of thanksgiving and the end of the year as well as remembrance of dead relatives. The festival also observes ritual peace agreements with fire, rats and evil spirits.



**December 1st to 7th
ALL TRIBES**

Hornbill festival

Hornbill festival dubbed as the Festival of Festivals, is held between 1st to 7th December, at Kisama Heritage Village Complex, near Kohima. The festival is organized by the Tourism Department of State Government, and participated by tribes of Nagaland. It is a conglomeration of cultures of all the sixteen tribes of the State and a unique event in integration of the varied tribes and diverse cultures. The festival also provides the rare occasion for tourists, anthropologists, ethnologists and musicologists to be exhilarated.



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IN VOGUE

Diamond bracelets are passe and fashion circuits are abuzz with couture watches. Here's a look.

Dior GRAND BAL VIII

When haute horology marries haute couture, the effects are mystical. Christian Dior's fascination for grand balls is reflected in the Dior Inverse calibre movement whose functional oscillating weight replicates the swirl of a ballgown. The openwork movement is poised elegantly on the centre of its mother-of-pearl dial and comprises of feather plumes delicately embroidered by diamonds

Rado INTEGRAL

No one knows ceramic better than Rado. The Rado Integral is for those who express style in subtlety. The black polished ceramic strap is marked is indented with yellow-gold stripes. The dial is a fairly simple one. It highlights hour markings in roman numerals and quarter marking in finely cut diamonds. Wrist assured, we say.



MARINE STARS

A compass for sailors caught in the high seas, a timekeeper for a regatta racer and a clear reading of time for a navy warrior, the merits of nautical instruments are countless.

▼ Omega

SEAMASTER PLANET OCEAN CHRONOGRAPH

The master of the seas has arrived, and in style. The Seamaster Chronograph has a bezel ring that's set in zirconium black and highlights a diving scale in sparkling 18-carat Ceragold. Omega's in-house co-axial calibre 9301 also makes it possible to adjust the hour hand without affecting the accuracy of the minute or seconds hands. This allows sailors to make easy adjustments when they change time-zones. The 'it' thing for water wanderers.



▼ Ulysse Nardin BLACK SEA

UN's anchor logo makes its nautical legacy apparent in every timepiece. Their latest marine watch furthers it with a wave motif that runs through its dial, strap and casing. The Black Sea draws its sturdiness from a vulcanised stainless steel case that's coated with matte rubber. The true divers' watch has a diving scale on the bezel, a date-time counter on the dial and luminescent yellow markings make for an easy reading underwater. It is water resistant to 200 metres.

▼ Panerai

LUMINOR 1950 3 DAYS GMT

Panerai dials are always large, with clear cut markings that are easy to decipher underwater. This is also the reason why the brand was sported by the Italian navy during the Second World War. The Luminor 1950 is a 44mm auto winding GMT that's encased in scratch resistant black ceramic case. It has a power reserve of three days and is water resistant to 100 metres.



IN GOOD SPEED

Like time, speed too is a subject of perpetual intrigue. When the two come together on a dial, there's an orchestrated chaos of sorts.



▲ Richard Mille AVIATION E6-B FLYBACK

Richard Mille's new aviation model isn't just a cool toy for flying enthusiasts. Inspired by the E6-B flight computer, the watch is nothing short of an engineering marvel. With its round slide rule and bi-directional bezel, pilots to calculate fuel burn, flight time, ground speed, density altitude, wind correction and conversion of units. The power reserve of 70 hours is displayed at 2 o'clock which gives a real-time computation of necessary flight date.

▼ Bvlgari OCTO MASERATI

What Bvlgari brought into watchmaking, Maserati lent to cars: the proverbial Italian grace. The two giants have now co-produced the Octo Maserati. The column-wheel chronograph watch has a tachometric scale on the bezel and the radiator grille of the speed monsters on its blue-lacquered dial. To make the collaboration even more apparent, Maserati's trident logo is embossed onto the case-back.





▲ **Tag Heuer** FORMULA 1 CHRONOGRAPH

When Tag Heuer released its Mikro-timer last year and created a world record for being precise to 1/1000th of a second, it also established its supremacy in the Grand Prix universe and won the trust of F1 legends like Jenson Button and Lewis Hamilton. This F1 chronograph mimics the design of a speedometer with three counters on its anthracite sunray brushed dial. The lustrous bezel is set in diamond-tough black ceramic and highlights a silver tachymeter scale. It is water resistant to 200 metres.

▼ **Graham** CHRONOFIGHTER TOURIST TROPHY

Suspended in the Irish Sea, an independent British island called the Isle of Man turns into an action packed racing circuit whenever it conducts the world's most prestigious motorcycle race, the Tourist Trophy. The oversized Chronofighter comes with shock absorbers and a 30-minute stop watch counter styled like the 30-mph speed limits signs on the island. There's also a non-slip guard and a fast action actuator. The race is on.





Corum

GOLDEN BRIDGE

The legendary Golden Bridge first presented by Corum in 1980, has released an automatic version which presents a linear-winding baguette movement. The new tonneau-shaped case is larger than its predecessors' with a transparent element which allows the movement to be admired from all sides. Fitted with a crocodile leather strap and gold buckle for men, and 90 full-cut size diamonds for women, both models are limited editions.



His & Her's

With brands presenting paired models for men and women, these sets of watches marry aesthetics, technology and design to deliver the very best for both worlds.



◀ Piaget

POLO FORTYFIVE

The Polo Fortyfive Chronograph for men comes set in a titanium case with alternating satin-brushed surfaces and polished 18-carat pink gold goldrons. The black dial within features pink gold luminescent hour-markers, and is finished with a sapphire crystal case back. It is complemented by a daintier female version, the Polo Fortyfive Lady. Set in an 18-carat white gold case, the bezel is bejewelled with 50 brilliant-cut diamonds and polished godrons. A neutral grey dial sports eight diamonds and luminescent applied hour-markers featuring Arabic numerals.

► Longines

LONGINES SAINT-IMIER

In 1832, Longines set up shop in what was then a small village nestling in a valley deep in the Swiss Jura mountains: Saint-Imier. The fate of Longines and Saint-Imier has since been interwoven, and the Longines Saint-Imier Collection gives form to this relationship. The shape of the case is inspired by a model dating back to 1945, and is a common theme throughout the collection. The sleek lines and the distinctive lugs create a balance between classical and contemporary design, and all the models in the collection are fitted with mechanical movements, the intricate workings of which can be admired through the transparent sapphire back.



◀ Chopard

RACING COLOURS

The latest edition in Chopard's Racing Colours collection is the Speed Silver model. The timepiece is reminiscent of the legendary German speed machines that dominated motor-racing competitions in the 1930s. The Speed Silver's masculinity is juxtaposed with the sporty elegance of its female version, the Mille Miglia Chrono Lady. All white, it is recognisable by the rubber strap featuring the famous 1960s Dunlop Racing tyre-tread motif. The collection's signature look is exemplified by a mother-of-pearl dial and a diamond-set bezel.



◀ Tag Heuer CARRERA

High functionality and masculine styling make this Calibre 16 Automatic Chronograph a necessity for all lovers of motor racing. A high-tech Calibre 16 automatic movement powers the chronograph functions, and the sapphire crystal fitted into the caseback reveals the movement in action. These graceful Aquaracer quartz timepieces imbibe all the qualities of Tag Heuer excellence—performance, reliability, and precision—with the added luxury of diamonds for the ladies.



Tissot T-RACE

the Tissot T-Race MotoGP is a high-tech timepiece inspired by the beastly speed of bike racing. It sports a dashboard-inspired dial, a bezel illustrating the bike's break disc, carbon fibre composites identical to those of the bikes, and yellow aerodynamic lines with a black base bracelet. For women, the Tissot T-Race Danica Patrick is a perfect match. The watch looks elegant decked with diamonds on its white dial, and the fine detail of a tyre tread on the back of the silicone strap is a tribute to athlete Danica Patrick's speed and performances.



▲ Rado TRUE THINLINE

Ever experimental and innovative, Swiss watchmaker Rado has now produced another world's first—the Rado True Thinline. Highly regarded for its form, function and contemporary design, the Rado True collection presents the thinnest ceramic watch in the world. Showcased in an elegant case, the collection features clear gold coloured indexes, replaced by diamonds on the Jubilé version. Each watch is accentuated by the integrated sapphire crystal of the dome, and the components have been intensively reworked.

More For Less

The season's watches feature advanced movements, ornate detailing in straps and dials and are great value for money.

► Victorinox NIGHT VISION

A perennial bestseller since 2003, the Victorinox Swiss Army Night Vision, has been subtly redesigned along classic Swiss lines to respect traditional codes. The difference is the new streamlined appearance, which seamlessly incorporates advanced lighting features into its classic codes. Other features include: Swiss-made movement, shatter-resistant hardened sapphire crystal; easy-read date window at 6 o'clock; and water-resistance to 50m. Available in three variations, for a modest ₹29,990.



◀ Swatch IRONY THE CHRONO

The casual elegance of the Irony The Chrono presents itself in a massive timekeeper enhanced by the satin-brushed surface of the case, bezel and bracelet, all fashioned in stainless steel 316L with gold PVD (Physical Vapour Deposition). Each of the three models present a dial with golden chrono counters and a small seconds counter, framed by a tachymetric scale on the golden flange. Provocative and smart, for just ₹11,750.



Tissot

TITANIUM CHRONO QUARTZ

The Tissot Titanium Chrono Quartz is light yet powerful, and provides the utmost precision through a modern design. Adding a touch of uniqueness, it has been crafted in titanium, a material commonly used for spacecraft and medical devices. Taking its name from Greek mythology's Titans, Titanium has the highest strength-to-weight ratio of any metal, providing it with exceptional qualities. Angled lines convey a modern look, while the smooth texture and integrated crown adds an irresistible allure. Skeleton roaming hands endow a lightness to the dial, and the ruler pattern surrounding it highlights its accuracy. Style, precision and durability, all for ₹33,000.



▼ Calvin Klein

PLAY

This sporty, sleek timepiece features a polished stainless steel case with a navy blue dial paired with a rubber bracelet. Each timepiece is crowned with a rotating bezel along with a magnifying glass over the date at precisely 6 o' clock. A discrete CK logo placed at the 12 o' clock position completes the chic look of the watch. Water resistant up to 10 bar, the watch is priced at ₹20,400.



▼ Swarovski

PIAZZA GRANDE

Affordable, sleek and very trendy, Swarovski's new black PVD watch adds a dose of elegance to your outfit. Water resistant up to 50m, it comes decked in a black PVD matte case with black faceted ceramic elements, a 42mm dial in black sunray pattern and a date indicator. The index markers have been hand-applied and the signature swan logo completes the dial. Well priced at ₹37,000.





◀ Casio EDIFICE

The new Edifice features solar-powered tough movement for automatic hand home position correction and automatic time calibration. It is also equipped with an electronic crown switch and Casio's smart access system offering a wide range of functions including a 1/20-second stopwatch, alarm, and world time switching. Available in three variants for ₹34,995.

◀ Antonio Bernini CRUSADER

A stunning amalgamation of design, technology and precision, the Crusader is synonymous with power and masculinity. With this new edition, Antonio Bernini replicates the aeronautical features of F-16 in a timepiece. It features a 3D dial and dual time zones where each time zone is adjustable by a separate crown. Models range between ₹21,995-₹24,995.

◀ Cerruti 1881 VIVALTO

Cerruti's new collection—The Rosegold, features Vivalto with a state of the art design boasting a perfect synergy between rosegold and ion. The chronograph borrows its design from a sports car speedometer, giving the watch an edgy look. Silicon straps provide flexibility, and the watch additionally features a 60-minute chronograph. Priced at ₹29,995

◀ Pierre Cardin DUC

DUC by Pierre Cardin is one of three new additions to the brand's Classique line. The watch commands presence, and is the perfect timepiece for a man of distinction. The classic Roman numerals and a small seconds counter at 6 o'clock are ideal for accuracy and precision. Match the dark textured dial with a metal band, or a croc-pattern leather strap in black or brown. Priced at ₹7,995.

Tech on Wheels

Your car is an extension of you. Pad it up with these gadgets and you're sure to get more out of your drives even as you stay safe and arrive in style.

BY PIERRE MARIO FITTER

GPS

A good GPS system doesn't just give directions to your destination, it also allows for route customisation and has music, video and games built in to compete with GPS-equipped cellphones. MapMyIndia and Garmin offer the most comprehensive GPS devices and maps for India.

TIRE REPAIR KIT

While roadside assistance services are available, they can take up to an hour to arrive. And if you're on a highway, you're on your own. Fixing a flat takes all of 15 minutes. Keep a Tire repair kit in your boot at all times. Branded and generic kits are available at most car shops.

ADVANCED CAR SECURITY

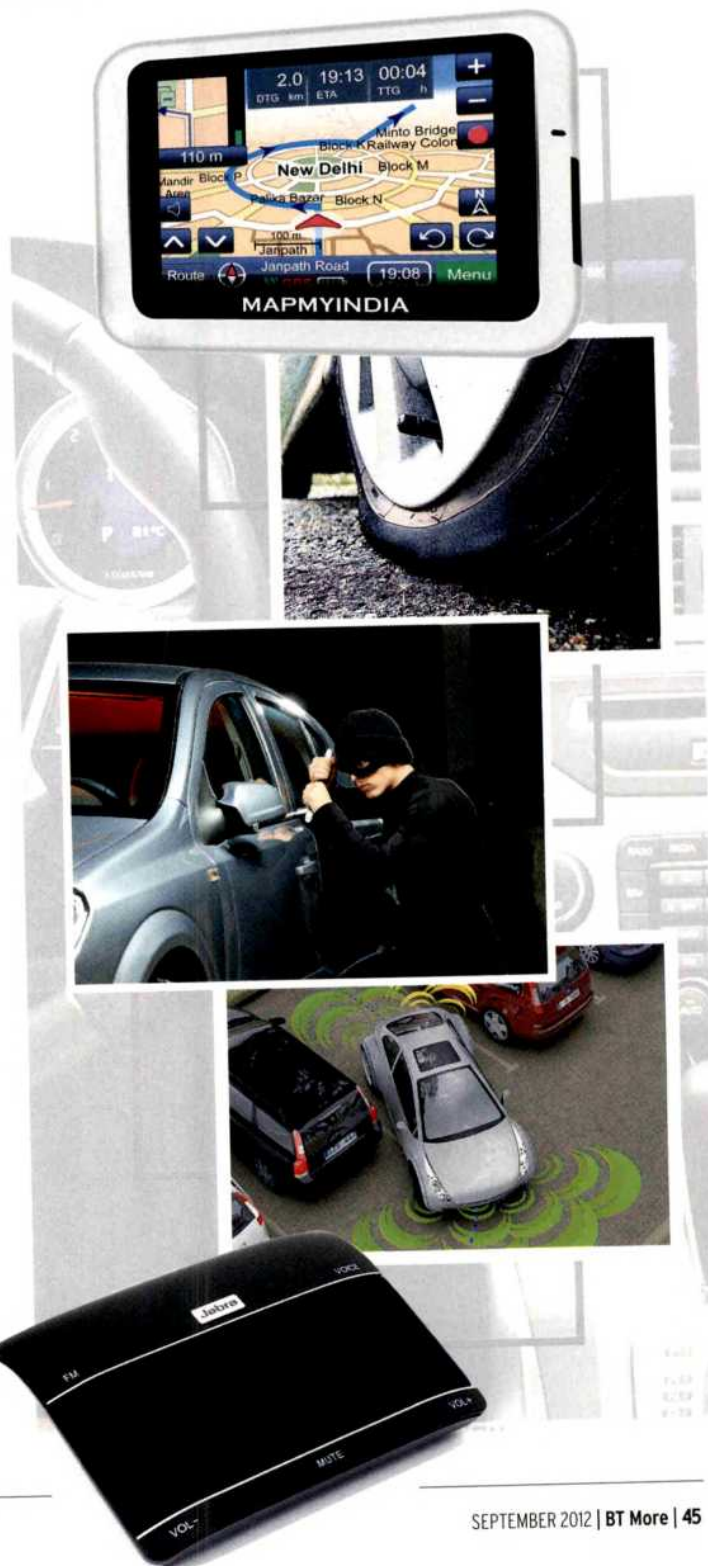
Gear & remote locks are easily defeated and now passe. The latest security features include engine immobilisers, remote engine starters, keyless entry fobs and GPS car trackers. Autocop, Micro VBB, Xenos & Viper are popular brands with a range of products on offer.

PARKING SENSORS

You hate it when your car gets dents and scrapes. Parking assistance will at least make sure you're not to blame. Most systems use ultrasonic beams to judge distance to an obstacle. Some even pack in rear-view cameras for more control. Magik-i and Xenos make decent parking sensors.

BLUETOOTH SPEAKER SET

If you're on the phone while driving, you're not just breaking the law, you're endangering lives. Bluetooth car speakers are a wise investment. New systems have voice dialling, noise-cancelling technology and can simultaneously connect to multiple phones. Jabra, Plantronics & Motorola are well-known manufacturers for bluetooth kits.



BT More | TRAVEL

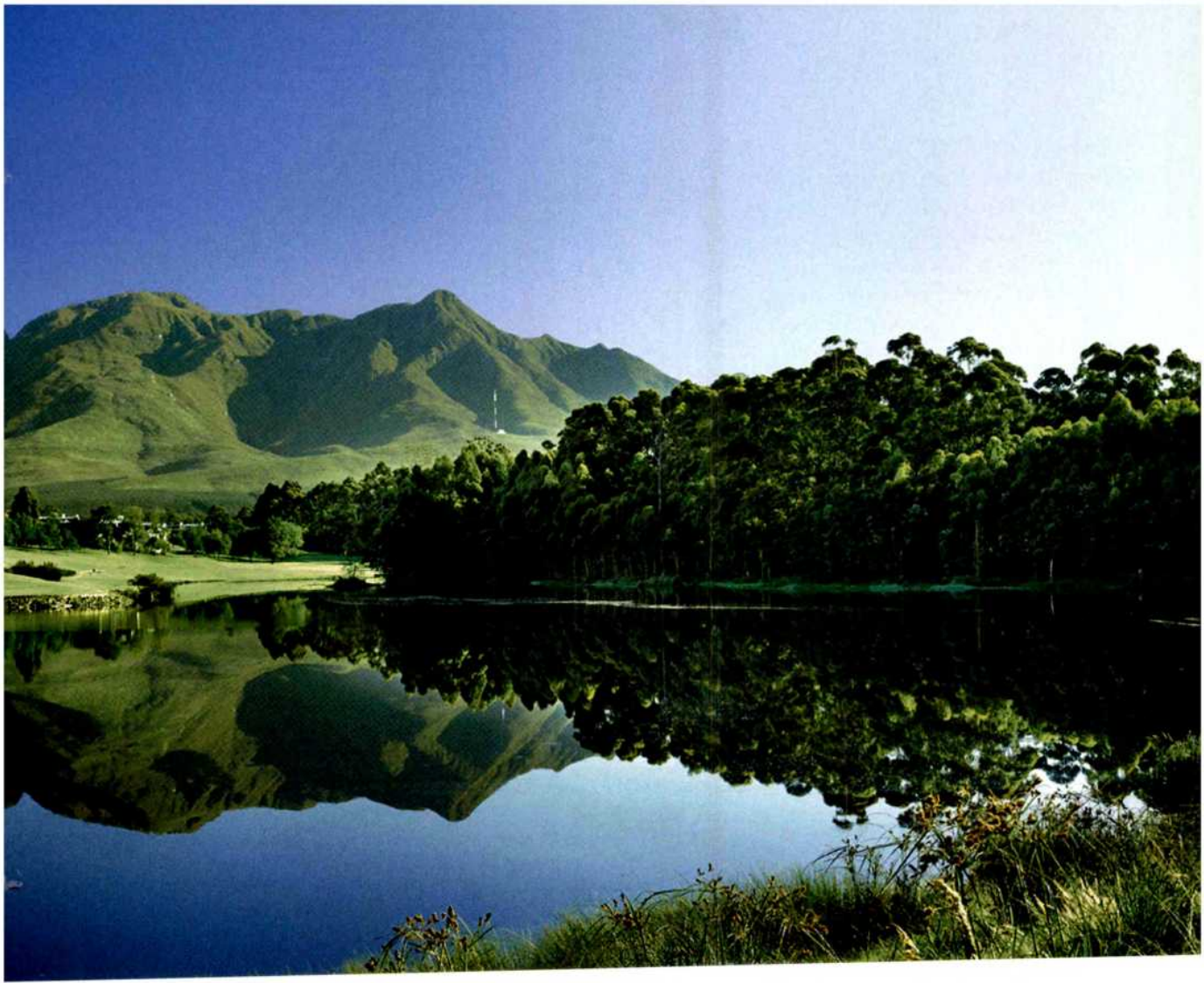


The Scenic Route

South Africa isn't just about Sun City and Kruger National Park. Here's why the 'Garden Route' should also be on your list

BY PIERRE MARIO FITTER





It was the complete silence, not the menacing 'grin' that unnerved me. As the fierce-looking ragged-tooth shark glided past, I realised how ridiculously easy it would be for this fish to turn me into hors d'oeuvres. Ok, I'm flattering myself; main course.

With six hours to kill before a meeting in Durban, I dropped by Ushaka Marine World, a short bus ride from my hotel. Sadly, I was too late to catch the dolphin show. However, Blessing, one of the attendants, said he would organise a one-off dive in the shark tank. That's Lesson One about South Africa. The people here respond beautifully to even a hint of a smile.

Once in the tank, I started bobbing up and down for air. "Should've worn a dive suit," I thought as the cold water cramped up my lungs. But then it happened. The first

shark floated past. And then a second. Soon, I was swimming amid at least a dozen ragged-tooths, white-tips and giant sand sharks. They drifted by, soundlessly, sensing out this intruder into their world. It was the most awe-inspiring ten minutes that ever passed me by.

Three days later, done with my meetings, I hit the fabled Garden Route. Here, South Africa would take my breath away once again. This time, we were barreling along a rocky mountain path on a giant Mercedes tractor trailer. Once at the peak of the Featherbed Nature reserve in Knysna (pronounced Nye-ees-na), Gary, our guide who was full of hilarious anecdotes, escorted us to a lookout point. The scene was breathtaking. To our right, were the stunning Knysna Heads; a narrow strip of water that breached the mountains allowing the Indian ocean in. To



our left was Knysna itself, perched along the shores of a crystal-clear, green-blue lagoon. The sun was out. The sky was the deepest blue I've ever seen and a stiff breeze was blowing off the ocean, rustling the trees. The 2.2 km hike down from the peak was utter serenity.

And that's the second lesson about South Africa. Allow it to grab you. The day before, we'd visited an Ostrich farm at Oudsthoorn (pronounced Ode-shoo-rin). A hundred years ago, it was one of Africa's richest cities. That's when European aristocrats paid more to stick a

THE GARDEN ROUTE
STRETCHES 310 KM
BETWEEN HEIDELBERG
IN THE WESTERN CAPE
TO STORMS RIVER IN THE
EASTERN CAPE

pound of ostrich feathers in their hats than they paid for a pound of gold. Geraldine, our jovial guide (see a pattern?), took us around the farm, rattling of ostrich stats as we went. "A female who loses her partner will never mate again," she told us. "A male will move on; just like humans." For some reason, the girls in our group found this very funny.

Our next stop was more than a million years in the making. The stunning Cango caves were discovered by a local farmer in 1780. He entered them suspended on a rope, armed with nothing but a candle. For some perspective, imagine walking around an indoor stadium the size of a football field in total darkness. Daunting? Now imagine doing this in an era when most folks believed that monsters and demons were real.

The "easy" tour takes an hour to get you through 1.5 kilometres of beautiful limestone formations. Most are named for their shapes. A large, single column formed by the joining



PHOTOGRAPH: MARTIN FARRELL



PHOTOGRAPH: MARTIN FARRELL

(clockwise from top left) A Cheetah walk at Tenikwa; The 1.5 million-year-old Cango Caves; Ziplining in the Tsitsikama Forest; Diving with sharks in Durban





PHOTOGRAPH: MARTIN FARRELL



PHOTOGRAPH: PIERRE FITTER

of a stalactite and stalagmite is called Cleopatra's needle. A massive bank of conjoined stalagmites is called the Church Organ. One is shaped like an eagle taking flight. Another looks like a leopard stalking its prey. The strange shapes of these limestone formations are enhanced by creative lighting that's switched on when you enter each of the five chambers.

Sadly, we didn't have time for the 1.5 hour-long "adventure" tour. I'd recommend it, but not if you're claustrophobic. You're crawling along your belly in some parts and the narrowest is just 30 centimetres across. Someone got stuck there in 2007. It took ten hours to free her.

Our drive to Plettenberg, our final destination, featured three stops on the way. The first, the 212-metre-high Bloukrans bridge, marked the border between the Eastern and Western Cape provinces. It was also where two brave girls from our group decided to put their trust in a bit of elastic cord and leap off the aforementioned bridge. The reason I avoided joining them was not because the Bloukrans is the highest bridge bungy in the world.

I avoided it because an elderly Sikh gentlemen, also part of our group, had jumped the Bloukrans a few years earlier. He said it took him three days to recover. I didn't have that kind of time. Ok, I'll admit, that's a really bad excuse. But I genuinely wanted to enjoy the next two hours we'd be spending in the canopy of Tsitsikama national park. And a bungy jump seemed like the best way to frazzle my nerves. Side note: the brave girls reported no lasting side effects, although mild euphoria was observed for hours after.

And that brings me to stop two. What's better than walking through a forest with buzzards, orioles, boomslangs, baboons, vervets, duikers and puff adders? Gliding past them on a zipline, ofcourse. After a

BT MORE RECOMMENDS

Getting There

Jet Airways operates between Mumbai and Johannesburg. South African Airways and Air India fly out of New Delhi. Indirect flights are operated by Ethiopian Airlines, Etihaad, Kenyan Airlines and Emirates. Once in Johannesburg, catch a flight to George. From there, hire a taxi or van for your drive.

Where to Stay

Fancourt hotel at George is a five-star hotel with three golf courses specially designed by the legendary Gary Player. Turbine Hotel in Knysna; a relatively new boutique, five-star property right on the water, was converted from an old wood-chip burning power plant. The Plettenberg Hotel in Plettenberg is a Relais & Chateaux property with unparalleled views of the beautiful beach and bay.

Shopping

African curios can be found in most of the towns and tourist attractions. Specialist shopping (e.g. diamonds), should be reserved for the bigger cities. Do avoid handicrafts made from animal skins, bones and horns.

safety briefing, Tsitsikama's resident experts Chester and Chevago, began hooking us up to the ziplines. The harnesses were designed by a woman, they told us. I learned the full meaning of this once I put my full weight on the straps cutting across my thighs. Clearly the designer was not a man. Nor, it seemed, had she tested the harness on men.

FEATURING MOUNTAINS,
PLAINS, FORESTS AND
LAKES, THE GARDEN
ROUTE REPUTEDLY HAS
THE WORLD'S MILDEST
WEATEHER AFTER HAWAII

Once again, though, the experience quickly turned to pure joy as we zipped from tree to tree. Sometimes we'd spot giant ferns on the forest floor, a species that has been around since before the dinosaurs. Chester and Chevago also kept up a steady stream of information about the animals, birds and trees we passed on the way. It was the perfect mix of



A giant Mercedes tractor-trailer trundles up a hillside path taking tourists to the top of the Featherbed Nature Reserve (above)

BT MORE RECOMMENDS

■ Shark Diving, Ushaka Marine World

A ten minute dive costs ZAR 150. Entry ticket is ZAR 100 extra. The entry ticket gives access to all other park features, except animal encounter activities.
Ushakamarineworld.co.za

■ Tenikwa Cheetah Sanctuary

Meet Africa's beautiful and playful wild cats. A tour inside the wild cat enclosures costs ZAR 160. Walks with cheetahs cost ZAR 500.
Tenikwa.com

■ Tsitsikama Forest Canopy Tour

Zipline through the forest canopy for an unmatched view of African flora and Fauna. ZAR 450 for a two-hour tour.
Stormsriver.com

■ Featherbed Nature Reserve

A quiet walk through pristine fynbos forests and woodlands. Enjoy breathtaking views of the Indian ocean and Knysna lagoon. ZAR 420 for the excursion and lunch.
Knysnafeatherbed.com

adventure and learning. Again, a wonderful two hours in the quiet of the African forest.

Our last stop that day was truly special. Mandy and Len Freeman have been running the Tenikwa cheetah sanctuary for the past 11 years to rehabilitate wild cats. The highlight was undoubtedly our time inside the cheetah enclosure. The two cats walked up to us instantly, purring loudly when they spotted Mandy. Every David Attenborough film I've watched came back to me that instant. Here I was, walking with one of Africa's most beautiful animals.

We also spent time with a family of playful Servals, one of whom took a friendly nibble at my big toe, thinking it was a large grub. Thankfully, my shoe got in the way of its teeth. Mandy and Len rehabilitate several other cats such as leopards, caracals, black footed cats, and African wild cats. As an

indicator of their dedication and passion, a tour that should have taken one hour stretched to an hour and half. Mandy's enthusiasm and concern for her cats rubbed off on everyone. It was hard to say goodbye to these gorgeous creatures and I confess to having a tear in my eye as I thanked Mandy for opening up her world to us.

That night, we stopped over in Plettenberg, one of the Garden Route's many scenic seaside towns. If you're lucky – sadly, we weren't – you can even spot Southern Right whales swimming in the bay each winter.

As if the stunning sunset and star-encrusted night sky weren't enough, we were treated to an equally gorgeous sunrise the next morning. As a lone surfer waded out to catch the morning tide, I could help but recollect the many moments that made South Africa take my breath away. I would return for more. ■

Bucket List SOS

Prioritise your travel list in favour of here-today-gone-tomorrow destinations **By Hitani Kaur**

Most of us have our bucket lists ready and saved under the memo or to-do section of our smartphones. Then life happens, in all its madness and the bucketlist gets relegated to an obscure corner of our consciousness. Here's a thought: this is no longer just about you. While you may be around for another 50 years, many

of the places on your list won't. Yes, Venice has been 'sinking' for decades and the Leaning Tower has been 'about to fall' for even longer, but some tourist magnets are truly on their last leg. Follow our factual proof that these holiday sites are indeed endangered, and book yourself a two-way ticket before it's too late. We give you a list of treasures that deserve to be visited — now.



DEATH OF THE SEA

Still thinking of bobbing like a cork in the Dead Sea one day? Or taking care of those stubborn zits with the magic properties of its waters? You'd better hurry up before the Dead Sea dries up and you're left with regret and unrealised plans. The Dead Sea is the lowest point on the planet, about 425 meters below sea level. Scientific evidence proves that about 120,000 years ago, the sea almost evaporated, but was revived by the return of fresh water. This time around however, all the fresh water tributaries have been drained by the surrounding pop-

ulation, making the threat a permanent one. More recently, the surface of the sea has dropped by more than 10 meters since 1997, and as the water shrinks, underground layers of salt have dissolved, leading to the formation of sinkholes. Posing an additional danger, these sinkholes damage roads and threaten human life. Presently, there are more than 2,500 sinkholes lining the shores, most of which have cropped up in the last ten years. Deterioration is taking place at an alarming rate, and one more drought could mean the end of the Dead Sea.

For years now, the Maldives has been a favourite on the list of dream destinations, owing to its promise of privacy, stunning natural beauty and picture perfect white sands surrounded by the deepest blue water. The development of luxury properties has made it one of the top luxury tourist destinations in the world. Unfortunately, it is also the world's lowest nation, with 80 per cent of its 1,200 islands perched no higher than 1m above sea level. The threat of flooding and submersion is so acute, that within 100 years the Maldives could become uninhabitable. In addition, almost 90 per cent of the island's coral reefs have already been corroded by bleaching. A more grave situation could be the effect of another tidal wave, which would make the threat more immediate. In 2008, the President of the Maldives announced that the government was to start buying land in other countries, including India, which would serve as a replacement for residents who would be displaced. Described by many as heaven on earth, this island nation is the sparkling gem of the Indian Ocean, one not to be missed.



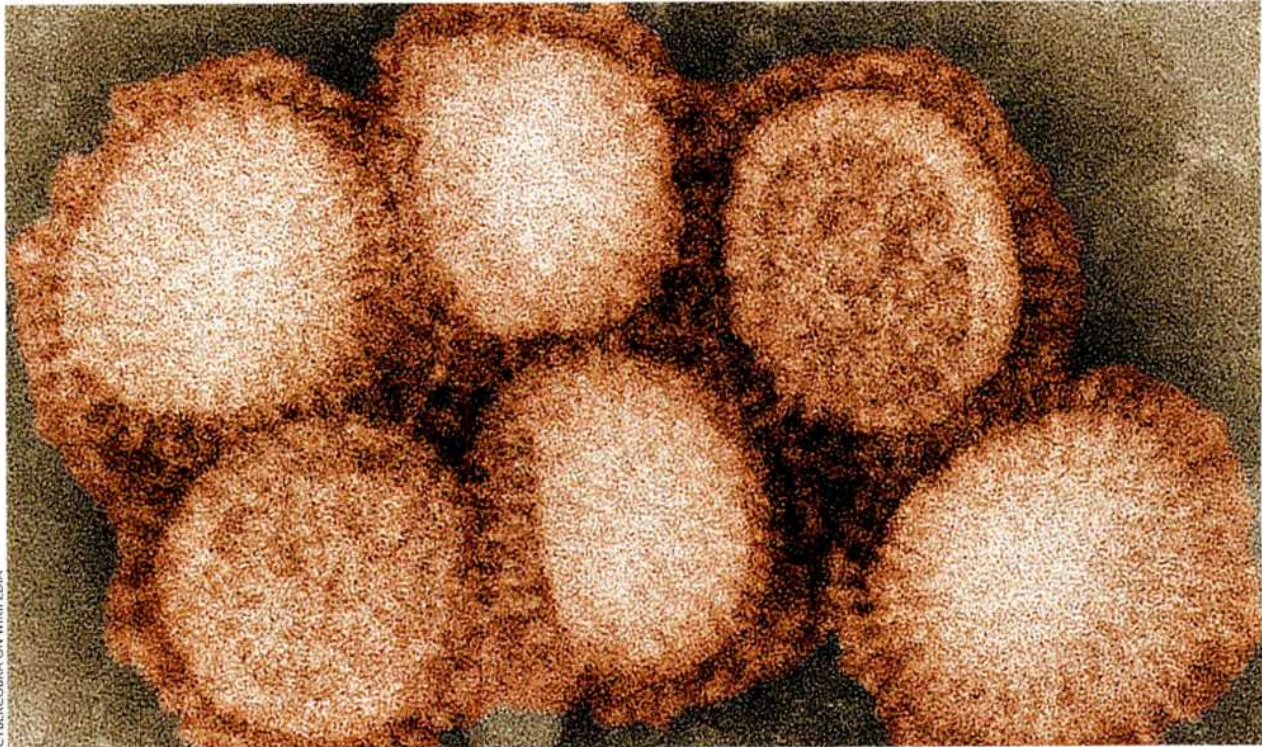
The only earthly body visible from the moon is Australia's Great Barrier Reef. But while flying to the moon has become a reality, the reef is nearing its end. Climate change is causing water temperatures and acidic levels to rise to a fatal high which will inevitably corrode the 344,400 square kilometres of coral reef, leading to its demise. Environmentalists around the world have given the Barrier Reef another two decades at the most, so it's time you head Down Under to take a swim along the coral and discover the thousands of fish species housed within its cavernous body.



VENICE FLOUNDERS

You really should pay heed to the rumours about Venice. A report by archaeologist Albert Ammerman in 2007 showed that Venice would sink faster than we thought. The city is built on low-lying islands, mud piles and stilts, and in the past 1,000 years, it has sunk at the rate of seven centimetres per century, and subsided 24cm in the past 100 years alone. Who's to blame? Rampant construction, mass tourism and environmental neglect. And if you're still not convinced, consider this: flooding from high tides in the Adriatic Sea occurs 80 days of the year in areas which attract millions of tourists. The stagnant floods further damage structures that are already fragile. Construction, dredging, and hordes of tourists only compound the problem. Even the multi-billion dollar flood barrier being built by the Italians is just a short-term measure to delay the inevitable. Head there before it's gone.

HEALTH SNIPPETS



CYBERCOPRA ON WIKIPEDIA

Pandemic Panic

New research shows swine flu was far deadlier than we first thought. What does this mean for global travellers?

Like SARS before it, swine flu caused a global scare before it mysteriously died away. Initial estimates put its first year toll at 18,000 lives. However, new research at the US's Centre for Disease Control or CDC suggests anywhere between 285,000 to 575,000 may have died. Why the discrepancy? And what do we make of it?

Fatimah Dawood, a CDC scientist, believes poor data collection procedures in many countries is to blame. Even the US—where data collection is far more organised—released its own numbers only a few months ago. CDC researchers compiled infection and mortality rates from places with reliable data and extrapolated these to lo-

cations that reported poor data.

We now know swine flu was far deadlier than initially believed. However, with global travel, even in the shadow of a pandemic being impossible, this has implications for all of us. There is no alternative to caution. Early treatment saved many lives. Learn the symptoms for diseases that are prevalent in areas you are visiting. Be extremely careful about personal hygiene. Wash your hands often. Better yet, keep hand sanitisers in your bag. Cover your nose and mouth in crowded areas. If you do find yourself coming down with symptoms, consult a doctor immediately. Finally, always carry travel insurance that includes medical cover. Don't become a statistic!

THE FOUR MINUTE WORKOUT?

Can four minutes of exercise a day make a difference? Yes, but only for some. High-intensity training is characterised by two to three sets of intense aerobic exertion for 20 seconds each, interspersed with two-minute intervals of low-tempo work. Fitness experts believe these short, extreme bursts work on up to 80 percent of the body's muscles, increasing aerobic levels. Also, HIT breaks down the body's glycogen, creating room for more glucose, thus increasing insulin sensitivity by 20-25 per cent. Unfortunately it only works for people who are genetically predisposed to benefitting from aerobic exercise. Consult your doctor if you want to give it a shot.



LEON BROCCARD ON WIKIPEDIA

DESSERTS FOR BREAKFAST

Researchers at Tel Aviv university believe a small dessert at breakfast may help weight loss. Participants in their study lost an average of 15 kilos over 16 weeks. They were allowed just 1,600 calories a day. Most of it was high-protein, low-carb food. So how did the breakfast dessert help? Participants reported increased satiety and fewer cravings for sugar right at the start of the day. So here are some simple, low-cal desserts you can try out.

Frozen yogurt

Mix fruit and nuts into low-fat yogurt and freeze overnight. This

delicious, nutritious addition will be ready by breakfast.

Baked apples with dried fruits

Core an apple and fill it with chopped dry fruits. Bake it in an oven for 30 minutes at 180 celsius. Occasionally spoon the juices collecting in the tray back on the apple. Serve hot.

Lemon Sorbet

Mix 250 gms of sugar with 375 ml water in a pan. Heat until the sugar dissolves, then simmer for 2 minutes. Stir in 125 ml lemon juice and let it cool. Place in an ice cream machine overnight. Scoop it out for a zesty breakfast.

GERM WARFARE IN YOUR OFFICE

Researchers at San Diego State University found more than 500 species of bacteria in the average office. Interestingly, men's offices had more species than women's. The study conducted collected samples from 30 offices in three climatically-different cities. Scientists found that most bacteria weren't from the environment but from employees. When they studied why men's offices were more bacteria-prone, they had two hypotheses. First, that men are generally less hygienic. Other studies have shown men to wash their hands and brush their teeth less often than women. However, it is also likely that men just present larger a surface area for bacteria to collect than women, and therefore they carry more germs.



DANNY CHOO



MARY MAYR ON WIKIPEDIA

Chewing Gum Is More Than Candy

Chewing gum may have made the cowboys look cool but it turns out this simple, centuries-old confectionery is more than just a movie prop.

- Chewing gum increases alertness, wards off fatigue and can even improve memory. Experts reckon the act of chewing itself revs up blood flow and brain activity.

- When deadlines approach, chewing gum improves focus and takes the edge

off of stressful situations. No wonder so many sportsmen are chomping away at crunch time.

- While gum won't replace meals, it can temporarily stave off hunger. Gum helps mimic the act of eating, which in turn releases chemicals that tell your brain you're getting full.

- And a fun one. When dry, chewing gum has a rubber-cement-like bond, which is useful as a water-proof glue.

BT More

GOURMET CENTRAL



The Napoleon-style decor has Chinese motifs all around

When Asia Conquered France

In La Bauhinia at Shangri-La, Paris, you dine like a king in his castle. Yet you won't feel the snub of French aristocracy. **R PALLAVI**

I feel a strange discomfort whenever I associate myself with French high-living, particularly fashion and food. People may have shunned Marie Antoinette's rococo gowns to go all street about couture, but France's culinary arts remain locked in intimidating etiquette. Le Bauhinia was French in elegance but its friendly service rode on the warmth of Asian hospitality.

Hidden in the hallway of what was

once Napoleon's grandnephew Roland's residence, the two-floored restaurant is like a king's living room. There's a piano and a three-tiered chandelier dripping from a glass canopy. The celadon vases are beautified with Hong Kong's national flower Bauhinia, which artistically links its etymology to its Asian roots.

The meal began with a leek soup. Over four pieces of fresh asparagus on

a soup plate, the server poured a green creamy soup. He'd already caught my attention with his moves and I tucked into the creamy leek as soon as he disappeared. It felt like moist greens mashed up with a hint of garlic; a palate warmer if not a cleanser. This was paired with the yam som' o, a tangy grapefruit salad spruced up with spicy peanuts and lime. I was expected to pair this with the Chenin Chamboreau which had fruity notes, but I chose to avoid diluting the hot flavours.

Then came the laab moo made of minced pork (the only way I can eat it), rice and fresh mint. It blended perfectly with the mildly warm Malaysian curry chicken that was soaked in fleshy coconut milk. For someone who's put off by meaty smells, the flowery aroma of these entrees was a saviour, and also a treat. It wasn't necessary but my Indianess made me order a plate of Singapore fried noodles. These had crunchy deep fried vegetables, sesame seeds and cilantro as garnish. The second course struck a chord with the strong red Bordeaux Château Citran. The sommelier orchestrating my meal had read my palate well.

I had taken note of the restaurant's culture of serving small slabs of dark chocolate in the end (courtesy: the table next to us). So, I chose the dumplings filled with steaming hot raspberry sauce and savoured them with a mildly sweet rosé Grenache.

When I was done, it was midnight in Paris. I tuned into some Sinatra and strolled back alongside a Seine that stood illuminated by the Eiffel Tower. Le Bauhinia had done its bit in shaping some of my finest memories of Paris.

BT MORE RECOMMENDS

🍷 Yam Som' O

🍗 Malaysian Chicken Curry

Meal for two €220 (₹15,170 with taxes); for reservations call ☎ 01-53-671-998

The Cavalli Connection

Cavalli's IPE Visionnaire Cafe reaches out to the well-to-do suburbanite on Gurgaon's Golf Course road. **BY PRACHI BHUCHAR**

It's tucked away behind the concrete jungle that defines Gurgaon and the moment you step in, the busy road you just got off is forgotten. The Visionnaire cafe brandishes its Cavalli connection in big bold letters at the entrance and is part-IPE Cavalli furniture store, part lounge and restaurant. The interiors are all high maintenance and gloss, with purple patent leather upholstered chairs, glass tables, chain-like silver strings used as drapes and chic sea anemone-looking chandeliers swooping down on the bar. The look is dark, chic and expensive and the restaurant has a modern European feel to it, with prices to match. While at first glance the appetisers and salads look inexpensive, by the time you are done ordering mains and dessert, your wallet is considerably lighter. Throw in a couple of glasses of wine and yes, it is a meal priced at par with the best delis and high-end cafes in the city.

To begin with I am wondering what all the fuss is about, as the platter of Norwegian smoked salmon we order is unimaginative and could easily have

been fixed at home with minimal help. The pan-seared prawns (also an appetiser) on the other hand are fresh and delicious, the chilli and garlic working well together rather than one dominating. Order a rose wine (by the glass) or stick to a scotch on the rocks to complement your meal. The liquor menu is not very extensive but the restaurant stocks most of the big brands. Going back to food, some staple cafe fare like the Caesar salad, Greek salad and tuna nicoise make their appearance on the cafe salad menu and while the portions are generous, the salads are not fantastic (to be fair it was 46 degrees outside which probably explains the wilted lettuce). The menu also has a fair selection of pastas, pizzas and risottos—Italian to the hilt. The mains at Visionnaire cafe shine and while there is minimal fuss on the plate, the palate is more than pleased by the clean flavours and inventive cooking techniques. The oven roasted Kolkata bekti served with an artistic muddle of coriander rice and marinara sauce was super as was the tenderloin steak

served with rosemary potato wedges.

We ended our meal with the blueberry cheesecake which was baked and sweetened just right. The meal was pleasant enough and the service excellent but the sore point was the music. I loved the brand of 80s pop being played by an efficient DJ but it is definitely not the kind that you eat food to. You want to break into a jig and feel compelled to eat quicker, in keeping with the out-of-place dance music.

We recommend getting one of the outdoor tables post-October as it's much nicer, though horns from busy Golf Course road are bound to intrude on your evening.

Stop over for a selection of teas, smoothies and sandwiches early evening or late morning and do a quick dekho at the furniture store which has some interesting, albeit expensive pieces on display.



BT MORE RECOMMENDS

- 🍴 Oven roasted Kolkata bekti
- 🍰 Blueberry cheesecake

Meal for two at Rs 5,000 plus taxes; for reservations ☎ (0124) 4040470



The interiors are chic and shiny, with purple patent leather chairs and glass-top tables



The bar is topped by an undulating chandelier made from unmarked wine bottles

A Spirited Hangout

For some swilling and tapas sampling in a hyper social ambience, head to Vinoteca by Sula. **BY SANHITA SINHA CHOWDHURY**

Simply put, Vinoteca is a wine bar with Spanish influences from the house of Sula. A black and white photo montage of the brand's Nashik vineyards and a wall dedicated to its produce, stamps the label's seal on this 1,600 sq ft lounge which located in Worli. Positioned ambitiously in the domain of Ivy, the go-to destination for Mumbai's wine lovers on a budget, Vinoteca has managed to acquire a following of its own. In the afternoon it is dominated by ladies who end their shopping sessions at the nearby Atria mall with a swig of wine and a pinch of gossip. Evenings attract the local office crowd that huddles around the two-way bar (which caters to the indoor and al fresco dining areas) to cool off with some citrus flavoured sangria and an impressive spread of tapas.

The 50-seater bistro understands that its small build forces most visitors to stand around the bar without a table. That's why it serves conveniently-sized portions of food in the form of tapas and pintxos. So it's quite pleasant to know that the kitchen is helmed by a young Spaniard, Chef Silvia Grimaldo-Torres, who draws recipes for a large part of the menu from her hometown, Ibiza. Since meat is the staple in Spain, with pork and sea food taking the lead, the Mediterranean fare had to be modified for Indian preferences and has a sizable spread of vegetarian dishes.

The pintxos, which are basically cocktail snacks on a toothpick, change every day. This is a pity really. Their fine offering of Serrano ham and manchego cheese drizzled in olive oil is something many would come in to eat regularly.

The sommelier suggests I enjoy it with Sula's full-bodied Cabernet Shiraz with notes of seasoned plums and blackberries and a peppery aroma. Another star dish is the Tabla Mediterránea. This is a sweet and salty mix of eggplant, ripened tomatoes, juicy olives and diced figs, with rashers of salami Milano; the perfect Mediterranean summer dish. It pairs well with the citrus-flavoured Cono Sur Bicycle Chardonnay, a young wine from Chile. The Cono Sur label is among the few imports at Vinoteca, besides Hardy's from Australia and Spanish brand Torres. For those who have yet to find their palate for wine, the menu thoughtfully suggests ideal pairings. Of course the sommelier is always on hand for a second opinion.

BT MORE RECOMMENDS

- 🍷 Ham & Manchego Cheese Pintxo
- 🍷 Quinoa Salad with Torres de Casta 2010
- 🍷 Sylvia's Sparkling Sula Sangria

Meal for two (with alcohol) ₹2,500 not including taxes.

For reservations ☎ (022) 40046234

JUST WINE NO BULL



SOURISH BHATTACHARYYA
Executive Editor, Mail Today

A Taste of Germany

Germany's best wines have now begun to woo India's snobbiest. As with all things, they've made it easy. Just take a careful look at the label.

Joel Payne is no Hollywood star. Yet many Germans know and revere his name. No wonder whenever he's in New Delhi—thrice since 2009—the German ambassador invites him to his home for a special afternoon.

The afternoon is special because the invitees taste the crème de la crème of German wines with Payne's wisdom served as an accompaniment. He has been voted his adopted country's best sommelier thrice and has co-authored GaultMillau, the definitive guide to German wine, since 1992.

It's quite a feat to decode German wines. They have complicated labels and confusing laws, but Payne does it without stressing his interlocutors. If Ernie Loosen, who studied to be an archaeologist before becoming one of Germany's top vintners, is the Ambassador of Riesling, Payne is the apostle — and his prophet is the 102-year-old elite club of estates whose wines carry the 'VDP label'.

Thank God for the acronym. VDP stands for Verband Deutscher Qualitäts und Prädikatsweingüter or 'The Association of German Quality and Prädikat Wine Estates'. All VDP-approved wines

bear a stylised eagle with a bunch of grapes on its chest on the label. Only 198 of Germany's 42,000 wine producers bear the coveted tag.

The last time he was in Delhi I joined Payne and Indian Wine Academy President Subhash Arora to pair VDP wines with Indian meats. We used Rieslings and Sylvaners (among Germany's iconic white wines).

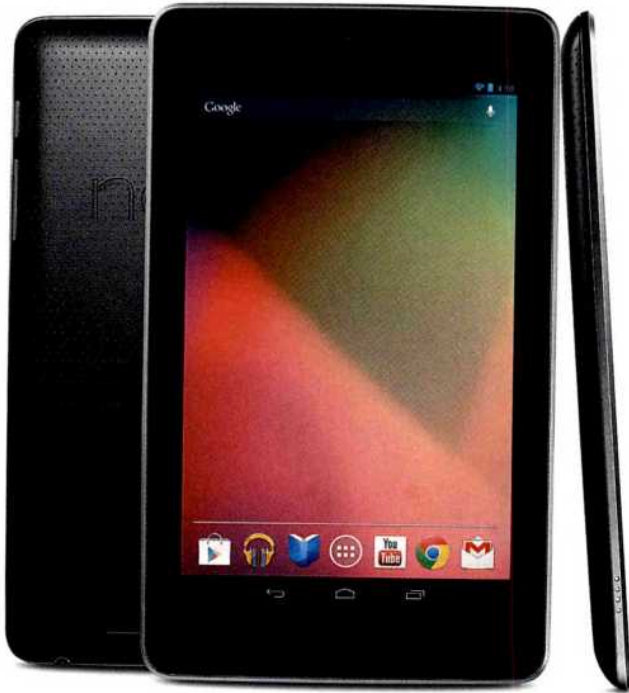
Germany is among the coldest wine producing nations and Delhi is forbiddingly hot for much of the year, yet we were treated to a tango on the palate. German wines have got bad press for being too sweet for good pairings, but that's not true. Quality wines from there are as dry, crisp (gently acidic) and full of floral and fruity aromas, making them perfect for India's spicy kebabs and kormas.

The pity is that you don't find often German wines in India. But that's a complaint I have with all good wines from all over the world. Most don't come to India, and the very few that do, are unaffordable. But you can always pick up a couple of bottles in Germany. They're priced between €20 and €40; a decent price band for a great experience. Just look for the VDP and the majestic eagle on the label.



BT More

TRACK & WIELD



GOOGLE NEXUS 7

Google Nexus 7 is an Asus-made 7-inch Android tablet. It features a 1,280 x 800-pixel display, quad-core Tegra 3 processor, and comes pre-loaded with Android 4.1 'Jelly Bean'. Price: ₹13,500 for 8GB

SHEAFFER PRELUDE SIGNATURE COLLECTION

Sheaffer Prelude's Signature collection mirrors the brand's 100 years of heritage in writing instruments. The pen is available in silver and 22-carat gold-plated finish. It also features an intricate snakeskin and diamond-patterned body. Makes for a perfect gift. Price on request



PARROT MINIKIT

The Parrot Minikit bluetooth car speaker helps you talk on the move. It's armed with an advanced Parrot NR3 noise reduction feature, automatically downloads your phonebook, and has a voice command feature that actually works. To charge it, plug it into the 12 V port on your car's dashboard, or connect it via USB. Price: ₹2,450



PLANTRONICS BACKBEAT GO

This bluetooth earphone has stereo sound, noise-reduction technology for improved call clarity and inline controls that allow the user to take calls, skip tracks, and adjust the volume of a call or song. It is extremely lightweight (0.46 ounces) and has a tangle-free design, making it both functional and ergonomic for everyday and extended use.

Price: ₹4,990



CANALI CUFFLINKS

Make a faultless impression at black tie events by showcasing your debonair attention to detail with these engraved, silver-plated, onyx cufflinks by Canali. *Price on request*



TOD'S GOMMINO SHOES

Simple lines, comfort and flexibility are the prominent features of the iconic Tod's Gommino loafer. These colourful suede shoes with laces are ideal off-duty footwear. Pair them with neutral chinos to inject laid-back outfits with a raffish hit of colour. *Price on request*

POLICE WINGS TITANIUM

Police Titanium Wings is composed of citrusy-herbal accords enriched with woody notes. The composition lines scents of luminous citruses and juicy fruit, floral notes, spices and fine aromatic herbs resting on a base of vetiver, cedar, musk, vanilla and labdanum. The fragrance is available as 50 and 100 ml EDT.

Price: ₹2600



STEELCASE REPLY TASK CHAIR

The Steelcase Reply does the unique thing by offering both super-slick style and ergonomic comfort with solid lumbar support, and a Synchro-tilt mechanism that keeps your legs in an anatomically correct position. The vibrant colour-combo lifts the mood in an otherwise boring cubicle. *Price on request*



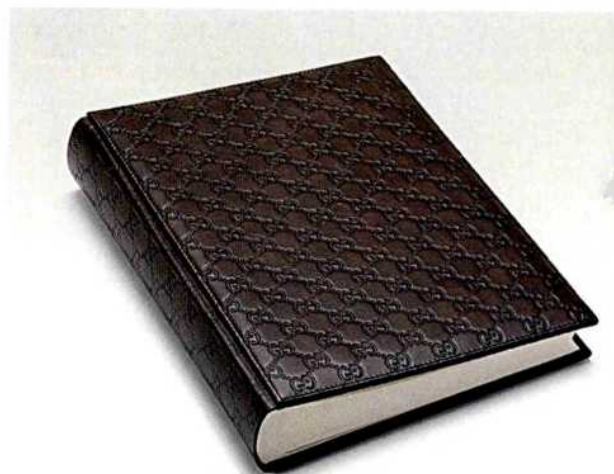


MYWELLNESS KEY BY TECNOGYM

MyWellness Key has an internal accelerometer that measures your physical activity in a day. Just strap it horizontally on your belt and keep it on for the entire day. During the first seven days, MyWellness Key will assess your activity level and from the eighth day on, it will assign you a personal daily goal. **Price on request**

GUCCI LEATHER DIARY

You've always wanted to stand out in the boardroom. Make the cut with this brown leather diary that sports a classic Gucci emboss on the cover. **Price on request**



PAUL SMITH SHOE CARE KIT

As much as you may want to deny it, a man is known by his shoes. Keep your leather beauties squeaky clean with Paul Smith's shoe care kit. Encased in a grained leather pouch embossed with the brand's celebrated stripes, this includes two rosewood application brushes, two rosewood buffing brushes, and two pots of rich bees wax in brown and black. **Price £80 (₹5,560)**

EPSON WORKFORCE DS 30 PORTABLE SCANNER

Made for business on the go, the Epson Workforce DS 30 portable scanner, scans, saves, and send documents in 600 dpi resolution. Also its correction tools allow you to automatically enhance colours of the scanned images, auto-size documents, enhance text quality, and correct image skew. **Price: ₹9,800**



VU 3D CAMERA

VU Technologies has entered the camera market with a brand new 3D camera. This camera captures 3D HD videos as well as still photographs in real time through its dual lens-dual sensor (DLDS) technology. It comes with two 16-megapixel sensors, a 3.2-inch LCD display and supports up to 32 GB of SD card memory. **Price: ₹19,990**



ARMANI EYEWEAR

Round glasses will always be in vogue. Here's another one from the house of Armani. With a classic metal frame and a grey tint, these will spruce up the glum monsoon days. **Price on request**

UPGRADE

GULF CRAFT'S MAJESTY 135 SUPERYACHT

Gulf Craft, the UAE-based manufacturer of fibre-glass boats, recently launched its first hull of the highly anticipated *Majesty 135* design. The vessel comes with 3 decks and is more than 41 metres in overall length. It is built to order with a focus on luxe features like an on-board elevator and zero-speed stabilizers. Its spacious and richly decorated interior features a bamboo veneer theme, gold-plated fittings and a splendour of marble and granite finishes. One for the high seas. **Price on request**



BT More MY STUFF



HIROSHI TAKASHINA
Managing Director, Nikon India

MIND SPACE

Books Steve Jobs by Walter Isaacson and books by Haruki Murakami **Musicians** The conductor Seiji Ozawa, Jazz by Dave Brubeck and Paul Desmond and classical music by Bach and Tchaikovsky **News** Wall Street Journal and Daily Yomiuri **Movies** Star Wars

HOME IMPROVEMENT

Drives Nissan Presage, but my dream car is a Nissan GTR **Entertainment System** A Sony television and a vintage Aiwa stereo **Fitness** Nike running shoes **Pet** Own a catfish and a few other species



VANITY FAIR

Fragrance Bulgari **Shoes** Formal shoes from Regal **Shirts** Burberry **Suits** Paul Smith **T Shirts** Ralph Lauren Polo or Calvin Klein

MY FAVOURITE THINGS

Laptop Panasonic **Cameras** The Nikon 1 with interchangeable lenses and a Nikon D-90 SLR **Timepiece** Tag Heuer Aquaracer 300M



IN GOOD TASTE

Beverages Sapporo and Kingfisher **Food and Drink** South Indian cuisine **Restaurants** Wasabi in Mumbai and Kyoto in Gurgaon

The party begins

I can drive when I drink.

2 drinks later

I can drive when I drink.

After 4 drinks

I can drive when I drink.

After 5 drinks

I can drive when I drink.

7 drinks in all.

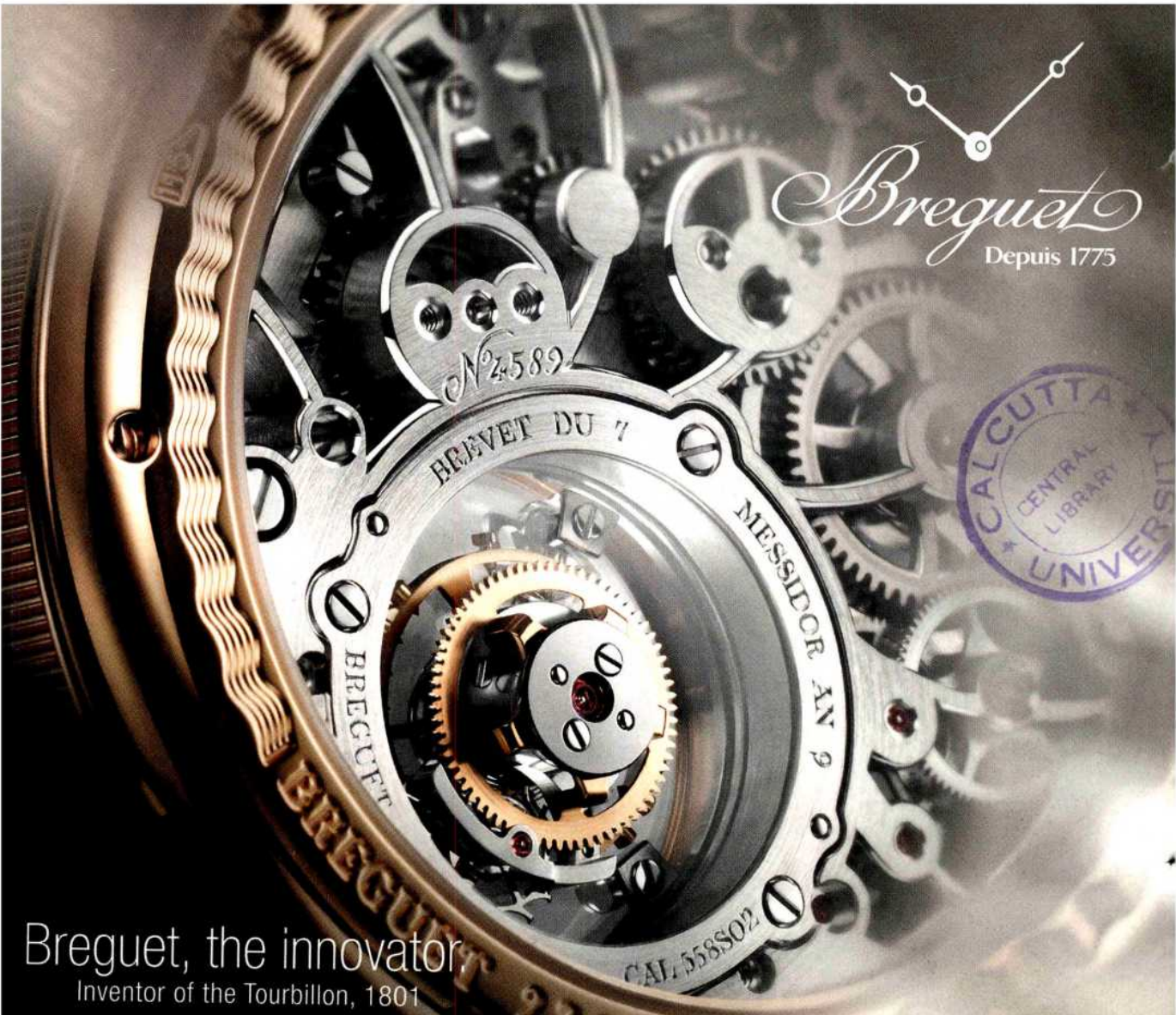
I can drive when I drink.

If you can't hold a pen, how will you handle a car?
Don't drink and drive.



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With the Classique "Grande Complication" Tourbillon Messidor wristwatch, Breguet reinvents its most spectacular invention, the tourbillon, designed to compensate for the effects of gravity. Held between two sapphire crystals, the tourbillon floats weightless inside its carriage, while the sapphire dial offers a transparent vision of the complex proprietary movement and its meticulous hand finishing. History is still being written ...

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More

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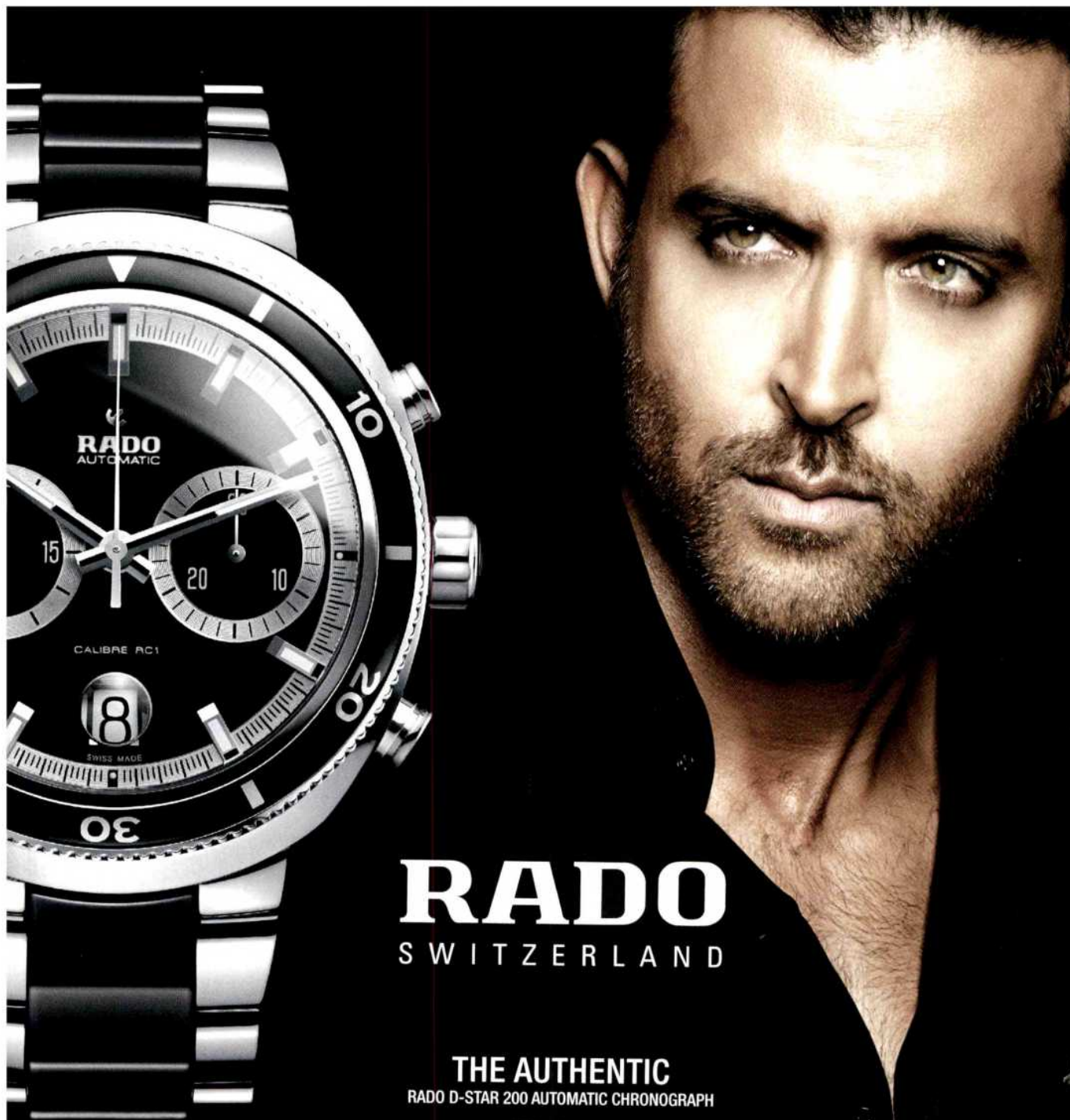
Ian Curley

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EXCLUSIVE

THE MASTERCHEFS

Michelin-star chefs share their signature dishes



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8
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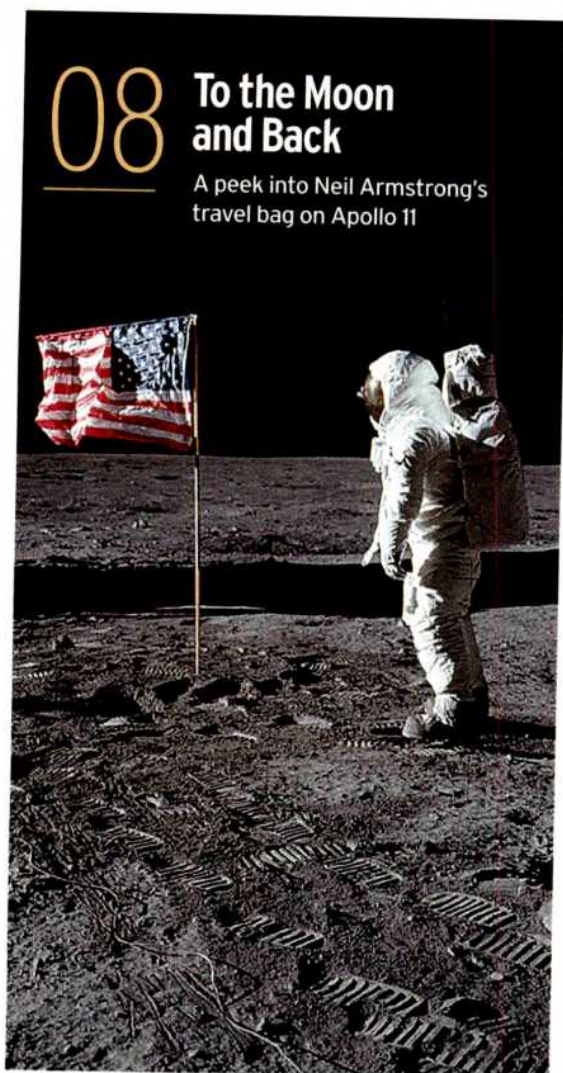
The definitive BT More guide to
food that will make you drool

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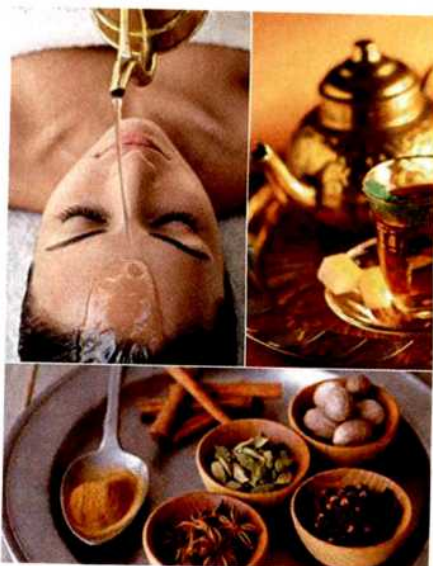
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Cover Image: REUBEN SINGH / www.indiatodayimages.com

Surely, it's not money.

After spending a lifetime in acquiring the finest things around the world, you can find yourself in the lap of luxury, wondering "there has to be more". That's why at Miele, we approach success and luxury from an entirely different point of view. Every Miele product is created with the rare promise of 'Immer Besser', a German phrase meaning 'Forever Better'. We do this so that you don't just acquire an engineering marvel and a heritage of perfection, but an entirely new level of sensory fulfillment. Nothing stops us. What stops you?



Featured here are Miele Island Hood, Induction Hob, Ovens and Coffee Machine

Miele
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The Miele (pronounced as 'mee-luh' in German) range includes wine conditioners, refrigerators, freezers, coffee machines, washing machines, tumble dryers, washer dryers, rotary ironers, dishwashers, cooker hoods, hobs, ovens, warming drawers, combisets and vacuum cleaners. Do book your visit to the Miele Experience Centre at Jasola, New Delhi in advance, to ensure we have a personal advisor available for you. Call us at + 91 11 46900045 between 10.30 AM – 7.30 PM (Mon-Sat) for an appointment. Or locate a Miele dealer near you by visiting www.miele.in

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Know Your Nibs

Yukio Nagahara of Sailor Pens talks about the precision and strength of high-end nibs

IT'S NOT ROCKET SCIENCE

The most common myth is that fountain pens are difficult to maintain. They actually last longer and give your handwriting a definite style, one that you cannot acquire through a ball or roller pen. Earlier, fountain pens had to be filled directly into the barrel or via unreliable aerometric rubber sac fillers. Today, this old fashion writing instrument features advanced technology, and comes with disposable cartridges that are easily replaceable.

STORE AND SECURE

Always store or carry a fountain pen with its nib facing upwards. To clean the nib after washing it, dab it dry with an absorbent tissue paper. For car-

tridge-based pens, just remove the cartridge; hold the writing block or the nib section upside down under room temperature running water for about 10 seconds. Subsequently wipe it off with a dry lint-free tissue paper. Although modern fountain pens rarely leak, it's good to fill only 75 per cent of a fountain pen if you're used to travelling with it. This enables the ink to move within the chamber without leaking whenever there's a change in air pressure.

WHAT'S ON PAPER

A good sheet of paper is an important part of the overall writing experience and is a must have for every fountain pen user. When you own an expensive fountain pen it is important that you

invest in good paper. Having said this, a lot depends on the ink, the nib, and the ink flow of the pen. Different textured papers give different dimensions to one's writing. One must steer clear of hand made, fibrous papers as the lint could get between the tines and affect the ink flow or even damage your pen.

YOUR KINDA NIB

Unlike a ball pen, fountain pens can be customised for different writing styles. This is because there's an amazing array of nibs available for different kinds of writing styles. Oblique nibs are recommended for writers who rotate the pen a lot while writing; a well rounded stub nib is recommended for those who exert pressure on the nib. Italic nibs have fine edges and are best suited for calligraphy and cursive writing. Being too harsh or hasty with these nibs can lead to scratchiness and skips.

The writer is the resident 'nib specialist' at Sailor Pens.



Green House Effect

Prem.C.Jain, CMD, Spectral Services, helps you set up an environment-friendly home.

Choose a Sustainable Site

Retain about 25 per cent of the site as vegetated open space and provide electric charging stations to encourage alternative fuel vehicles. Apart from solar panels on the terrace, install light-coloured tiles so the heat is reflected.

Water Water Everywhere

Install rain-water harvesting equipment to catch run off water. Also, install water metres to gauge your consumption.

Energy Booster

Instead of electric geysers, install a central solar water heater. Opt

for energy efficient lighting such as CFLs and LEDs. Also use sensors that automatically turn lights on and off. Finally, ensure all your gadgets have a BEE energy efficiency rating.

Material Reality

Break up the bin. Separate your recyclable waste, especially kitchen and paper waste from the plastic or synthetic refuse like metal and glass.

The Inside Story

Before you move into a newly constructed house, perform a 'building flush out' to remove construction contaminants and pests. Use low VOC paints, adhesives, sealants and carpets.

ARE YOU READY FOR BUBBLE TEA?

Herbal teas, flower teas, fruit teas, green tea, red, white and black tea. You probably think there isn't any kind of tea left. A.K.Srikanth, CEO of Alchemist Foods, has now brought the Taiwanese bubble tea brand Chatime to India.

WHAT IS IT?

A frothy tea drink from Taiwan that comes in milk and citrus variants and is served with crushed ice. These freshly brewed teas offer a healthy respite from sugar-heavy, aerated drinks and calorie-laden smoothies.

IS THAT CAVIAR IN THERE?

No, the stuff at the bottom of the glass is tapioca pearls, a common ingredient in South East Asian desserts that reminds one of falooda-style deserts. These are chewy and so contrast the texture and flavour of the drink beautifully.



LET'S GET TO KNOW SITA DEVI OF BARODA

Born into a zamindar family from Madras in 1917, she was married off to another zamindar Apparao Bahadur of Vayyur. While still married, she fell in love with Maharaja Pratap Singh Gaekwar of Baroda at the 1943 Madras Horse Show.

They fought legal battles with the British authorities over bigamy, and eventually set up a palatial mansion in Monte Carlo. She and her son Princie were granted honorary citizenship by Prince Rainier.

Once she was made the official treasurer of the Baroda jewels, her spending spree began. She took pride in patronising jewellery brands like Cartier, Harry Winston, Van Cleef & Arpels and Graff.

Even as she hobnobbed with socialites like Marilyn Monroe and Jacqueline Kennedy, she remained draped in chiffon saris. The French factory Saree & Co. was started in her honour and shut down after her death in 1989.

BT More

COLLECTOR'S OUT



AJAY SETH
Chief Mentor and Founder, Copal Art

The Art of Buying Art

Art may evoke emotion and romance our senses, but if you're an investor there's no denying the pleasure of an appreciating asset.

A work of art is the unique result of a unique temperament', Oscar Wilde's words always echo in my mind whenever I consider laying my hands on a new piece of art. When I matured from a novice buyer to a serious collector, I learnt to look beyond genres and themes and concentrated on perspective. Blame my bias, but the artist I recommend is my favourite S.H.Raza whose abstractions like *Earth* and *Garbha Graha* are priceless under the hammer. K.H.Ara's work is replete with raw energy, especially his bold brush strokes and his unusual style of applying paint onto the canvas directly. Hemendranath

Mazumdar's nudes draw heavily from European art. His famous work *Abandoned* (Parityakta) expresses a woman's sentiments gracefully. Another artist to watch out for is Badri Narayan who brings in parables and fables from Hindu mythology in bold and bright colours.

There is enough literature available on established artists, especially at galleries and public libraries. So, stick to the masters and gain a deeper understanding of their style and sensibility before taking the plunge. For starters, choose smaller paintings of about 12"x12" or 12"x18" and ensure their authenticity. For this, verify the prove-

nance of the artists as well as the certificate accompanying the piece.

It is a good idea to buy directly from an auction house. Else, you can use the services of credible art advisors who do your research and market analysis. Given the huge gray market of fake artworks, one should be wary of any cash transactions while buying and selling. Cheques are more reliable as you can track the money trail. Make sure the paperwork is genuine and complete. This is a prerequisite while claiming a reimbursement in case of a loss. Finally, make sure the piece is framed and fumigated as guided so it doesn't fall pray to fungus or warps from humidity.





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NEIL ARMSTRONG

(1930-2012)

Man's first steps on the moon inspired thousands of future astronauts and scientists. *BT More* pays tribute to the brave and humble explorer who was a trailblazer, with a special look at the equipment that helped him make that "giant leap for mankind".

1. Apollo Communications Carrier - David Clark Co./Plantronics

Affectionately called the 'Snoopy Cap', it had an elastic headband and teflon sides to hold the mouthpieces and headphones. Each headset had multiple mikes and speakers in case one part failed.

2. Hasselblad 500 EL camera

Known for its high-quality build and ease of use, these Swedish cameras had a motorised mechanism that prepared the film and shutter when activated. They were also designed to use easy-to-detach black-and-white and colour film magazines.

3. Omega Speedmaster Chronograph

The Apollo programme required a manual-winding wristwatch that was water-proof, shock-proof, anti-magnetic, could operate between -200 degrees Fahrenheit and withstand accelerations of 12 Gs. Velcro replaced the standard metal strap. The Speedmaster fit the bill.

4. Fisher AG-7 space pen

With a nitrogen-pressurised ink cartridge, this pen could write in zero-gravity space. NASA added a velcro square on the body so it could be secured inside the spacecraft. This model is a replica, which Fisher sold to the public. The original was damaged in a fire.



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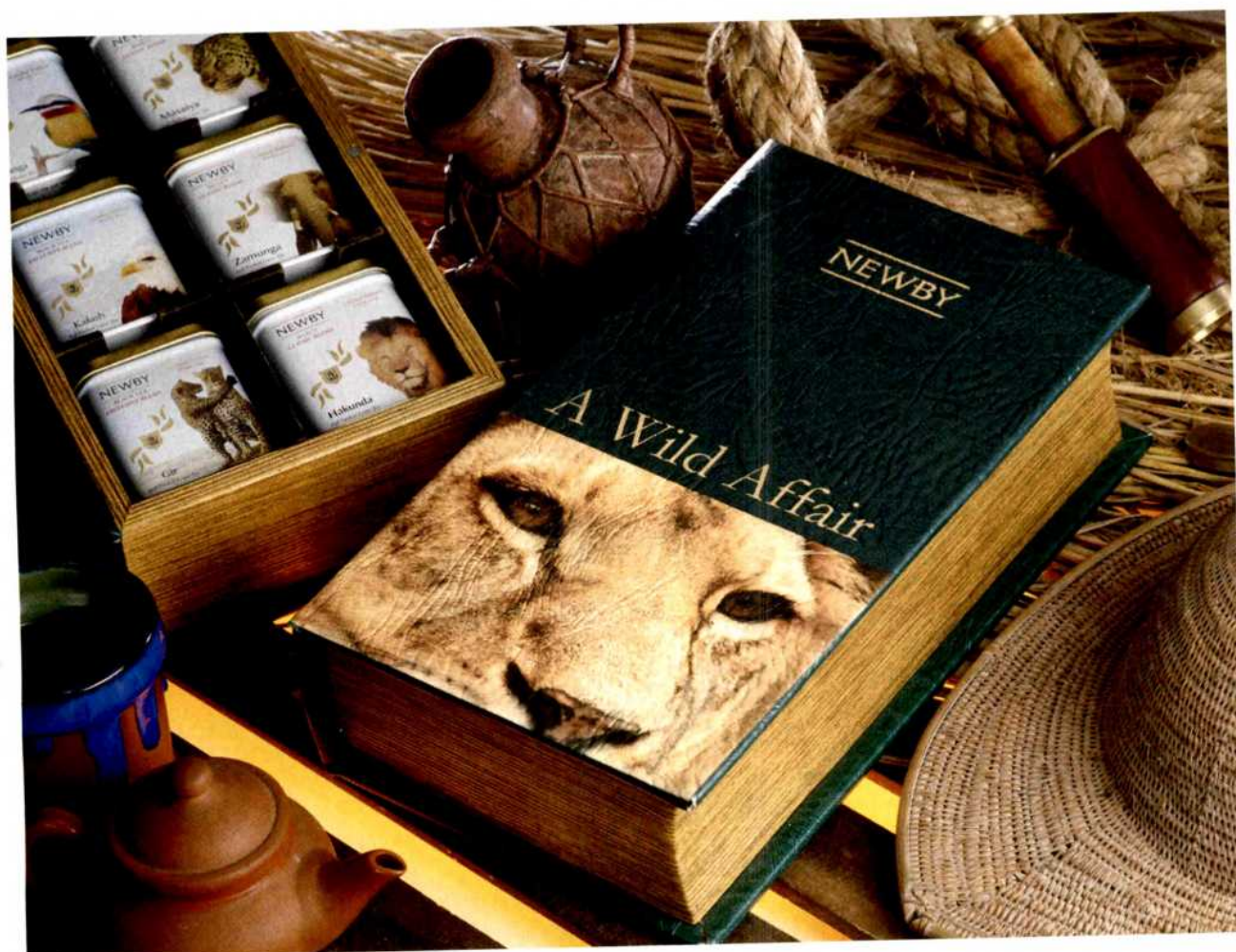


4



PHOTOS: SMITHSONIAN NATL AIR & SPACE MUSEUM; FISHER SPACE PEN CO.

Explore your wild side



The World's great tea growing regions are known for the distinctiveness of their flora & fauna. Sharing space with the tea bush are some of the most magnificent species from the animal kingdom ... from the mighty lion, to the all - powerful elephant on the one hand, to some of the most exotic birds on the other. Showcased here is Newby's exclusive Limited Edition Wildlife Series - a celebration of some of the finest teas grown in regions known for their spectacular wildlife. To be savoured and enjoyed. Or gifted to a loved one. A collectible from the all-new gifting range from Newby of London, a super premium tea company, acclaimed around the world for its exquisite teas.

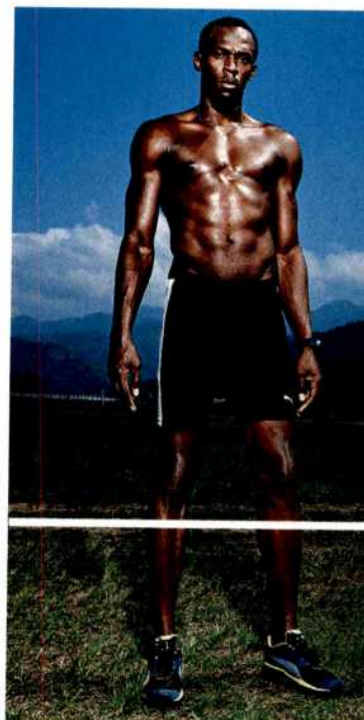


For more on Newby's gifting range, email
sales@newbyindia.com or
call +91 9811328696, +91 9820444713 +91 9874644846.

Sport Weds Fashion

Off the track and onto billboards, the biggest sports stars are now fashion's hottest faces.

This year has been a big one for sports and fashion. These two very different industries have somehow been interwoven and written about in the same sentence. In the months leading up to the London 2012 Olympics, the media was buzzing with reports of designers collaborating to create uniforms for their respective teams. Design icon Stella McCartney gave the Union Jack a funky facelift, while Cedella Marley, the first daughter of reggae star Bob Marley, dressed the Jamaicans. Now that the action's over star athletes have turned fashion icons, and are continuing to hog the spotlight off the field and on the billboards. Having captured the public's attention, these sporting stars are now fronting major campaigns for luxury, fashion



LUXUO.COM



and beauty brands as both advertiser and sports star cash in on their popularity. After dominating the pool, Michael Phelps immersed himself in a bathtub—in his trunks—for French luxury brand Louis Vuitton. Omega watches have signed on gold medal-winning British heptathlete Jessica Ennis along with South African swim-

mer Chad Le Clos as global spokesmodels for their timepieces. Usain Bolt continues to outrun his competition with an endorsement for Puma and its lifestyle products. He even has his own brand of high-end headphones. The US's newest swimming sensation Ryan Lochte also recently confirmed he would bring out his own clothing line.



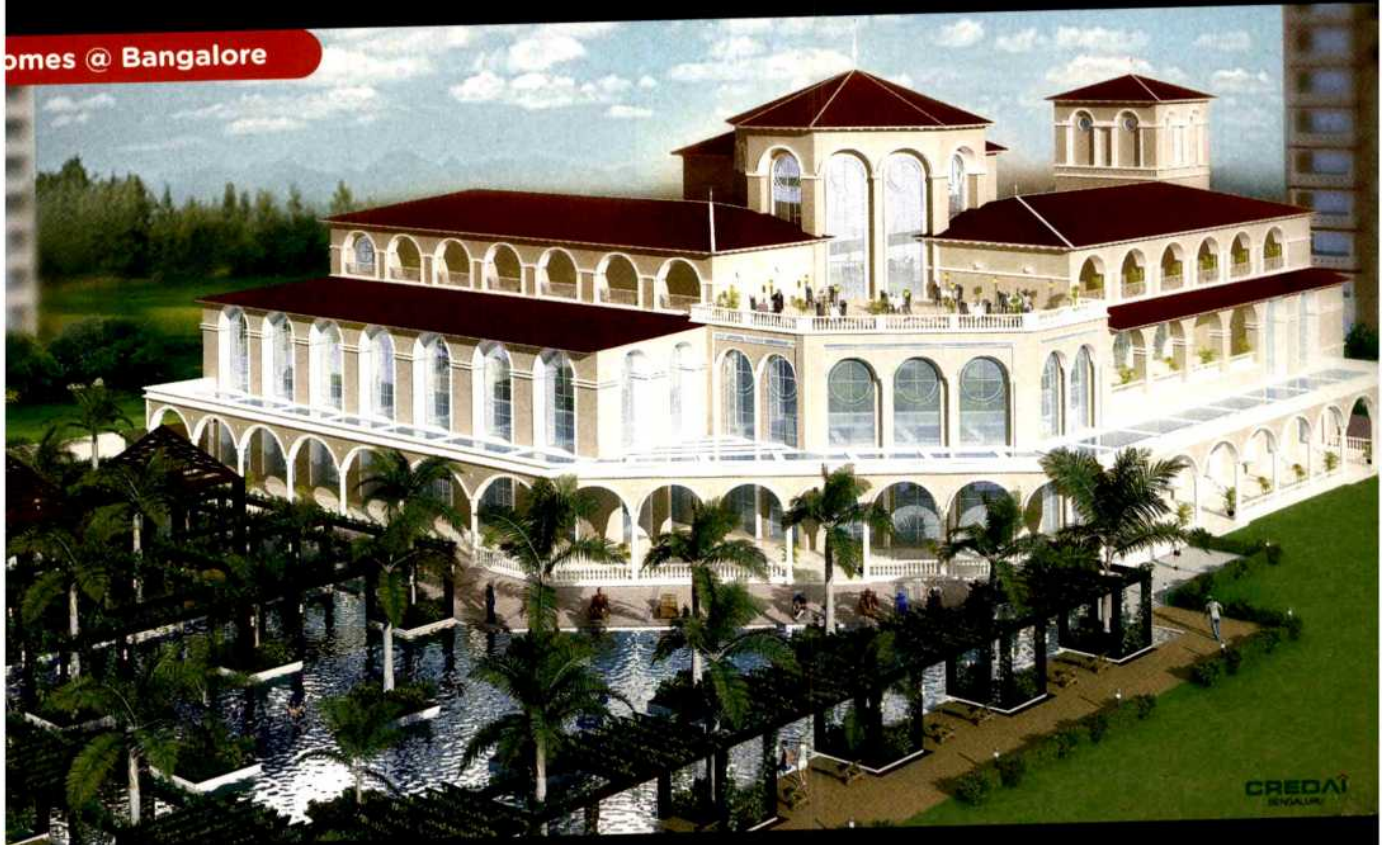
Drunk On You

Yes, cooking with alcohol is fun. It is also delicious. But most people tend to prefer burning off the alcohol content so it doesn't overpower the dish. Not so with the good owners of Salume, a new panini shop in Manhattan, New York. They've upped the ante for alcohol-infused food with their brand new, intoxicating menu. Comprising mostly sandwiches, each with a very generous dash of hard

liquor, none of which is burned off before serving. The sandwich is quite literally assembled and then doused with booze before being served to diners. Dishes on the menu mainly use gin and whisky. So walk in and order that prosciutto & gin sandwich, or perhaps you prefer one with Surryano ham & rye whiskey or maybe a prosciutto & beetroot with scotch? Either way, you're sure to get your fix.

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A recent collaboration between iconic brand ABSOLUT and literary genius Vikram Seth resulted in three beautiful works of art—aptly named ABSOLUT Seth. Drawing inspiration from the brand's identity, Seth's visually creative sensibility has been inked across canvas in three distinct works of art, combining three different colours, languages (Urdu, Devanagari and Chinese) and thought processes in perfect rhythm. With a legacy dating back 30 years, ABSOLUT's collaboration with creative minds has resulted in a collection which comprises over 800 works, featuring names as big as Andy Warhol and Louise Bourgeois.



CONTROLLING STAKE

The 105-year-old Plaza Hotel overlooking Central Park in New York has become a permanent fixture of the Manhattan skyline. Currently under the unlikely joint ownership of Israeli tycoon Yitzhak Tshuva and Saudi billionaire Prince Alwaleed bin Talal, the hotel will soon get a third partner. India's Sahara Group will join the big league by picking up a controlling stake in the property. The hotel will continue to be operated by Fairmont Hotels & Resorts. The Sahara Group owns assets ranging from TV channels to real estate, and recently bought London's iconic Grosvenor House for \$726 million from the Royal Bank of Scotland. But Subrata Roy isn't done yet. Despite an already enviable list of acquisitions, there's still more to come. According to reports, the group is planning to buy off all the Marriott hotels in the UK, and also has its eye on several upmarket properties in France.

THINGS TO DO THIS MONTH



MICHAEL JACKSON: THE IMMORTAL WORLD TOUR

Michael Jackson: The Immortal World Tour is the official theatrical production by Cirque du Soleil. It will blend Jackson's music and vision with Cirque du Soleil's signature acrobatic performances to create a concert experience like no other. Opening in London on October 12.

Website CirqueDuSoleil.com

WILLS LIFESTYLE INDIA FASHION WEEK

Watch the capital go stylish with the 20th edition of the Wills Lifestyle India Fashion Week. Showcasing the Spring/ Summer 2013 collections from designers, the event has been scheduled to run between October 6 and 10 at its usual venue, Pragati Maidan. Catch the action on the runway to keep up with the latest trends.

Website FdcI.org



LONDON RESTAURANT FESTIVAL

The London Restaurant Festival will run this year between October 4 and 18. Special festival menus will be available at restaurants across the capital. In addition, highlights include an Eat Film concept where you watch a film and eat a complete meal inspired by it. Also catch a Jason Atherton Pop-Up and a food debate. Website LondonRestaurantFestival.co.uk



MELBOURNE FESTIVAL

One of the world's leading arts festivals and Australia's premier celebration of international art and culture, the Melbourne festival will be held this year between 10 and 27 October. Showcasing an unparalleled feast of theatre, dance, music, visual arts and film, the festival premieres the finest local, national and international events.

Website MelbourneFestival.com.au

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NEW RELEASES

TAKEN 2 IS A GIVEN

With the rate at which Bryan Mills (Liam Neeson) went around offending the bad guys in the 2008 box office hit *Taken*, it comes as no surprise that vengeance fuels the plot for a sequel. Moviegoers have high expectations from *Taken 2*. The film starts out in the Turkish city of Istanbul where the retired CIA operative is surprised to find his wife Lenore and daughter Kim have decided to join him. Not long af-

ter, the bad guys make an appearance. Among them is the man who sent kidnappers to his daughter's apartment in the first installment, and also a father of one of the men he killed. This time they take his wife while the daughter goes on the run. It's up to Neeson to track down both of them before they come to harm. The movie is jam-packed with seat-gripping action and ends predictably, but the formula is a hard one to beat.



KILLING ME SOFTLY

Andrew Dominik's last film, *The Assassination Of Jesse James*, received a lukewarm response. This time round with the Brad Pitt-starrer *Killing Me Softly*, Dominik appears to have gone in a different direction from what everyone was expecting. It is a cynical crime film adapted from a novel by George V. Higgins and is filled with humour, suspense, and plot twists. Alongside a racing plot reminiscent of Wong Kar-Wai's stylistic work, this one promises to deliver.



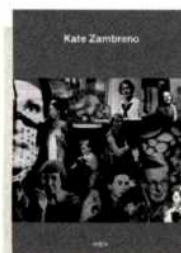
HALCYON

Ellie Goulding, 24-year-old vocalist, drummer and songwriter has been a singing sensation since 2012. She had us humming the melancholic albeit infectious tune from her single *Lights*, and now with our playlists on replay, the singer's ready to hit us with her next album, *Halcyon*. The album takes its inspiration from 'a bird during the winter, that would lay its eggs by the sea and bring calm to the stormy waters'. Many of the singles featured in the album are reminiscent of water and the ocean. An amalgamation of the singer's random musings, the LP's first single is titled *Anything Can Happen* and releases in the United States on October 8 with subsequent global releases through the month.



SILENT HOUSE ORHAN PAMUK

Orhan Pamuk's second novel *The Silent House* is being published in English for the very first time. The novel narrates the touching story of a family gathering during the summer before a military coup in 1980.



HEROINES BY KATE ZAMBRENO

Known as a game-changer in her fold, Kate Zambreno's third book *Heroines* is a critical memoir borne from her blog. It challenges the myths of modern wives and mistresses.



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BROUGHT TO YOU BY THE HOUSE OF ROSI

Crème de la Crop

Five rising stars of the global culinary scene come together to talk food and prepare their signature dish

BY ANUSHREE BASU-BHALLA

VINEET BHATIA

RASOI, London & Geneva

Michelin Star since 2001 (London); Michelin Star since 2010 (Geneva)

Apart from cooking up the proverbial storm in his kitchen, Vineet Bhatia also knows how to woo his audience with a candour that's quite rare in kitchens where the biggest egos often clash. "Michelin stars cannot feed my children; adulation must translate into real profits," says India's biggest culinary export. His restaurants, Rasoi in London and Geneva, have both been adorned with the culinary world's most coveted stars. He is the only Indian chef to have achieved such a feat. His creations are far from fad fusion yet you can't label him a purist either. He marries traditional Indian ingredients with contemporary food aesthetics to create magic on a plate.

SIGNATURE DISH

Biryani khichdi—the prosaic khichdi is reinterpreted as risotto but made with basmati rice and spiked with some garam masala, tomatoes, and turmeric. He pairs the dish with his other signatures that include tandoor glazed lamb chops and crisp lamb-pea samosas.



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LAURIE GEAR

THE ARTICHOKE, Buckinghamshire, UK

Michelin Rising Star, 2011

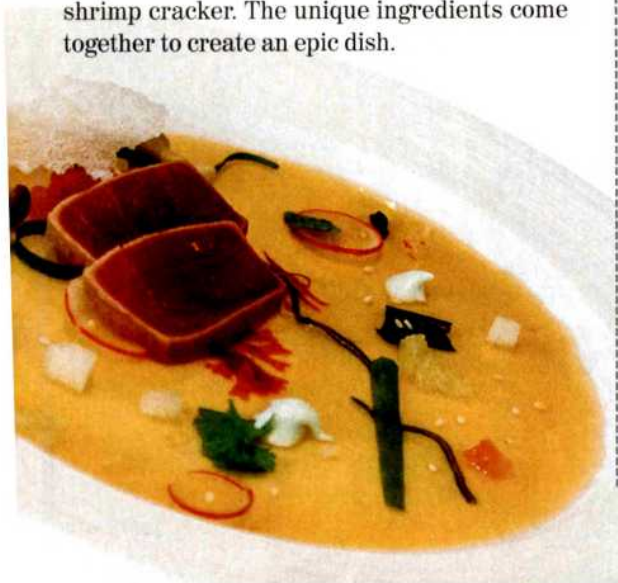
A fire that gutted his beloved restaurant, The Artichoke, in 2008, derailed Laurie temporarily but in retrospect, the time off from his restaurant proved to be a turning point in his life. He joined the legendary Noma in Copenhagen at a time



when it was on an upward spiral. He considers his stint there as the catalyst that helped in widening his culinary tutelage. The Artichoke reopened in 2009 and since then it has stirred things up for itself. Gear has won a bevy of important food awards including the Michelin Guide's Rising Star in 2011 and the Good Food Guide 2012 award.

SIGNATURE DISH

A marinated and seared loin of tuna served with Isle of Bute seaweed jelly, pickled Asian mushrooms, wasabi cream, pomelo, pear and brown shrimp cracker. The unique ingredients come together to create an epic dish.



FRANCES ATKINS

**THE YORK ARMS
Ramsgill-in-Nidderdale, UK**

Michelin Star since 2001



IAN CURLEY

THE EUROPEAN GROUP, Melbourne

One Good Food Hat 2011

To be a rising star in a city that is celebrated as a food mecca is no easy feat. Melbourne has produced many an epicurean and all three *MasterChef Australia* judges, Matt Preston, Gary Mehigan and George Calombaris, are Melbourne-based. The British-born and long-time Australian resident, Curley, gained worldwide acclaim as executive chef of the European Group. Today, he heads three venues, three kitchens and a team of over 30; clearly it's never a boring day in the kitchen. Curley has re-introduced quintessential British cuisine to the rather evolved palate of the city's diners. His food philosophy is simple: "to create imaginative, honest and flavoursome food."

SIGNATURE DISH

Seabass with cauliflower purée, fennel confit, braised witlof with cauliflower confetti and curry oil served with dehydrated grapes, pine nuts and micro herbs.



It is rare to find a woman in the hallowed halls of Michelin-starred chefs but Atkins more than knows how to hold her own. "What you serve is what matters," says the chef who chose her passion for food over her marriage. Fortunately (for her devoted patrons,) the marriage is in the past and the present is about being one of Britain's most exciting chefs and a Michelin star holder. Best known for her creativity and love for

local produce, she brings a

certain aesthetic sensibility to her dishes that only a woman can achieve. She has impressed both gastronomy bigwigs and food critics with her balance of flavours and technical flair.



SIGNATURE DISH

A light and zesty mousse made with caramel, blackcurrant and liquorice. Chilli and mango sorbet act as palate cleansers to break the monotony of crème and sweetness. A poppy seed feuillantine further adds to the crunch factor. People travel from far and wide to try this elegant and pretty-like-a-picture dessert.



MARCELLO TULLY

KINLOCH LODGE, Isle of Skye, Scotland

Michelin Star since 2010

Marcello Tully has bridged the gap between consumer foods and gourmet meals. "While it is very difficult to recreate a dish to its exactness, during my service at Roux Brothers in the UK, I learnt the art and science of quality control that yields high-end dishes that are consistently good," says the revered chef who created pre-packaged food for the retail and



airline sectors during his six-year stint with the company. His current job keeps him occupied in the beautiful wilderness of Isle of Skye, Scotland. As the head chef of the Kinloch Lodge he understands the importance of local produce but also knows that a destination restaurant like his needs to be innovative and cater to holidaying guests who are looking for variety.

SIGNATURE DISH

Julienne of carrots, courgettes and celeriac flavoured with honey and chilli, wrapped in a chicken mousse with cauliflower purée, wilted spinach, sweetcorn espuma and popcorn snow. A dish that spells perfection.

The chefs were in New Delhi for India's maiden Gastronomy Summit organised by the Creative Services Support Group (CSSG).



Best of the Wurst

Food-tripping in Germany's
stunning Southwestern state

BY ANUSHREE BASU-BHALLA

It is a gloriously sunny, late summer's evening in Badenweiler, a medieval town in Germany's Black Forest region. The local marketplace is winding down for the day; and the crowd is thinning as people make their way home. Local produce, still fresh and glowing, is being stacked neatly in tiny cartons.

Traditionally called the Schwarzwald, life here is rather retiring. Tourists and locals retreat before sundown, almost as if they fear that witches and trolls from the Grimm brothers folk tales would spring to life at

night. The region gets its name from the thick canopy of evergreen trees that blocks most sunlight from reaching the undergrowth. This dark, mysterious land is what inspired the Grimms, who grew up here, to write the intriguing stories of Hansel and Gretel, Cinderella, Rapunzel, and many of their 209 other tales.

One tiny shop is still open as its owner makes the most of the prolonged summer twilight. It is a local favourite. I step in and begin poring over the tongue-twisting literature on the back of pre-packaged cured meats and

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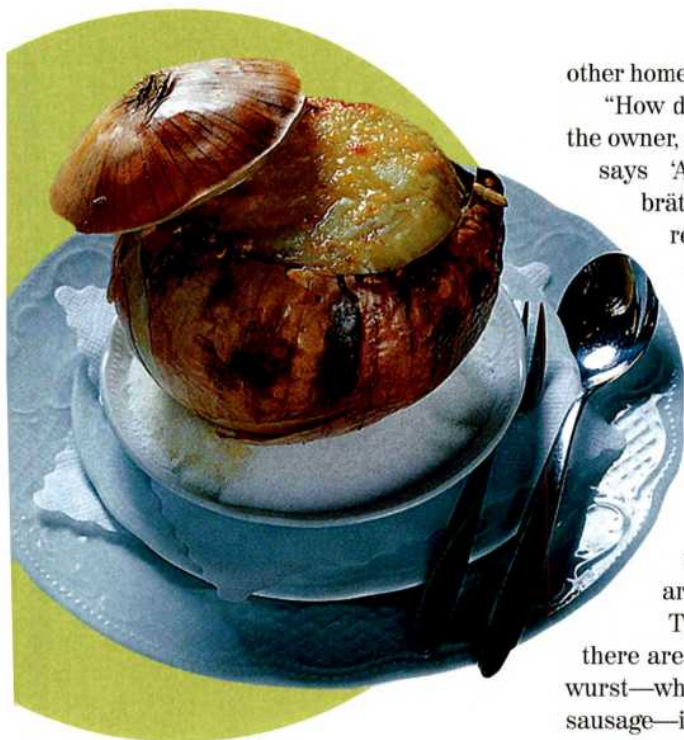

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BLACK FOREST CAKE

This is perhaps Germany's most well-known and best-loved cake. It consists of a chocolate cake with a filling of fresh cream and cherries soaked in Kirschwasser, a clear cherry schnapps that is a specialty in the Black Forest.

SPÄTZLE

A staple for the Swabians, it is essentially egg-noodles. Compared to Italian pasta, the spätzle dough is moister and softer.

LEBERKÄSE

It means 'liver cheese'—a flavorful, compact, pink meat-loaf made by finely grinding liver of beef, pork or even turkey.

MAULTASCHEN

A specialty of the Swabian region, it is a more countryside version of Italian ravioli. Traditionally the filling is made from bacon, onions, spinach, crumbled bratwurst (blood sausages) and ground beef.

APFELWEIN

Essentially apple cider, apfelwein tastes fruity with a little bit of acidity. The colour ranges from a light to golden yellow. Its alcohol content is 5.5 per cent, considerably lower than wine made from grapes.

other home cooking ingredients.

"How do you say that?" I ask the owner, pointing at a label that says 'Aus feinzerkleinertem brät.' He gives me a demo. I resurrect my tongue and give it a feeble go. He explains, translating the phrase, that the "Fleischkäse sausage is made with 'finely ground ingredients'." No larger than a kiosk, the store still manages to stock an impressive array of ingredients.

The owner explains that there are over 1,500 varieties of wurst—what Germans call a sausage—in the country's culinary repertoire. Mixed and mince meat goodness, spiced-up, smoked, par-cooked or raw; the style depends on the region it comes from. The taste and texture depends on the feed of the local livestock and the use of

herbs and spices.

Several vineyards and farm-houses pepper these gentle slopes. The region is part of the state of Swabia, home to some of the most traditional German fare. And it is this state that has given rise to several German gastronomic standards; think, scrumptious sausages, Swabian soups, fruity schnapps and those fabled black forest cakes, the region's most famous export to the world. The black forest cake (cherry-topped with dark chocolate shavings on snowy cream and vanilla icing) is said to resemble the Black Forest's landscape during the winter. Here the cakes are infused with loads of cherry schnapps; one big slice and you will be in la-la land.

With the sun now set, I make my way back to the Grandhotel Römerbad, my hideaway here in the hills. The wind whistles through the towering trees, which tremble uncomfortably. It's getting



Swabian onion soup (top); The fabled black forest cake comes from this region (above)



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Also visit **Ano-Tai** (Chinese Restaurant), **La Brezza** (Italian Fine Dining), **Paatra** (Indian Restaurant), **Matrix** (The Lounge Bar), **The Churchill** (Cigar Bar), **Bakers Studio** (Patisserie Shop) and **The Tea Lounge** for unmatched culinary experiences.


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You don't expect to stumble upon a vineyard located in the middle of industrial downtown Stuttgart

easier to understand the origin of the fairytales and local lores.

Southwestern Germany is noted for its wines, and Swabia in particular for its cider. Conforming to rituals of the region, I settle down with a medium-dry apple cider for the evening. The bartender at the hotel seems pleased with my choice. He tells me that it is true country wine, far-removed from the sophistication and snobbery of wines associated with the church, noblemen, and the Romans. For an even more authentic experience, he serves it up in a ceramic pitcher.

The Swabian region produces both red and white wines. These wines are crisp and have a fruity nose. Great reds include the Lemberger and Schwarzriesling (also known as Trollinger) and the best-loved whites from here are the Riesling and Silvaner.

As I travel further down the German countryside, flitting by the French and Swiss border, the food sensibility alters, as does taste. Restaurants serve a more elegant and experimental version of the food that I have sampled so far.

Stuttgart, the capital of Baden-Württemberg, is Southwestern Germany's shining beacon of the neue deutsche küche, or new German cuisine. Reinterpreted and contemporary, Swabian specialties like maultaschen (pasta pockets filled with minced pork and greens), onion soup (served inside the shell of the onion), and spätzle (handmade egg noodles) are standard fare at the numerous gourmet restaurants in this industrial city. For the ravenous carnivore, ochenmaulsalat (ox-cheek salad—mildly pickled, tender beef muzzle with fresh veggies), veal steak on a bed of mash potatoes, and thick

slabs of liverwurst are must-haves.

Stuttgart's farmer's market is a gourmand's treasure trove. The 3,000 sq. metre hall teems with fruits, vegetables, fish, meat and baked goods. Established in the 17th century, the aromas of ages and spices hang in the air and a cacophony of foreign sounds falls on the ears. It is truly an epicurian and sensory delight.

At its heart, Swabian cuisine excudes country-living. For foodies like me, this is as comfortable as it gets. Portion sizes are generous (second, perhaps, only to the US), fruit juices are dense, veggies are fresh and fragrant, the salami has the right amount of fat, and bacon has that woody aroma that reminds you of treks through the forest. Even on-the-go pretzels have a crunchy chew.

Swabia is hog heaven, where sausages achieve otherworldly perfection and the wine flows free. ■

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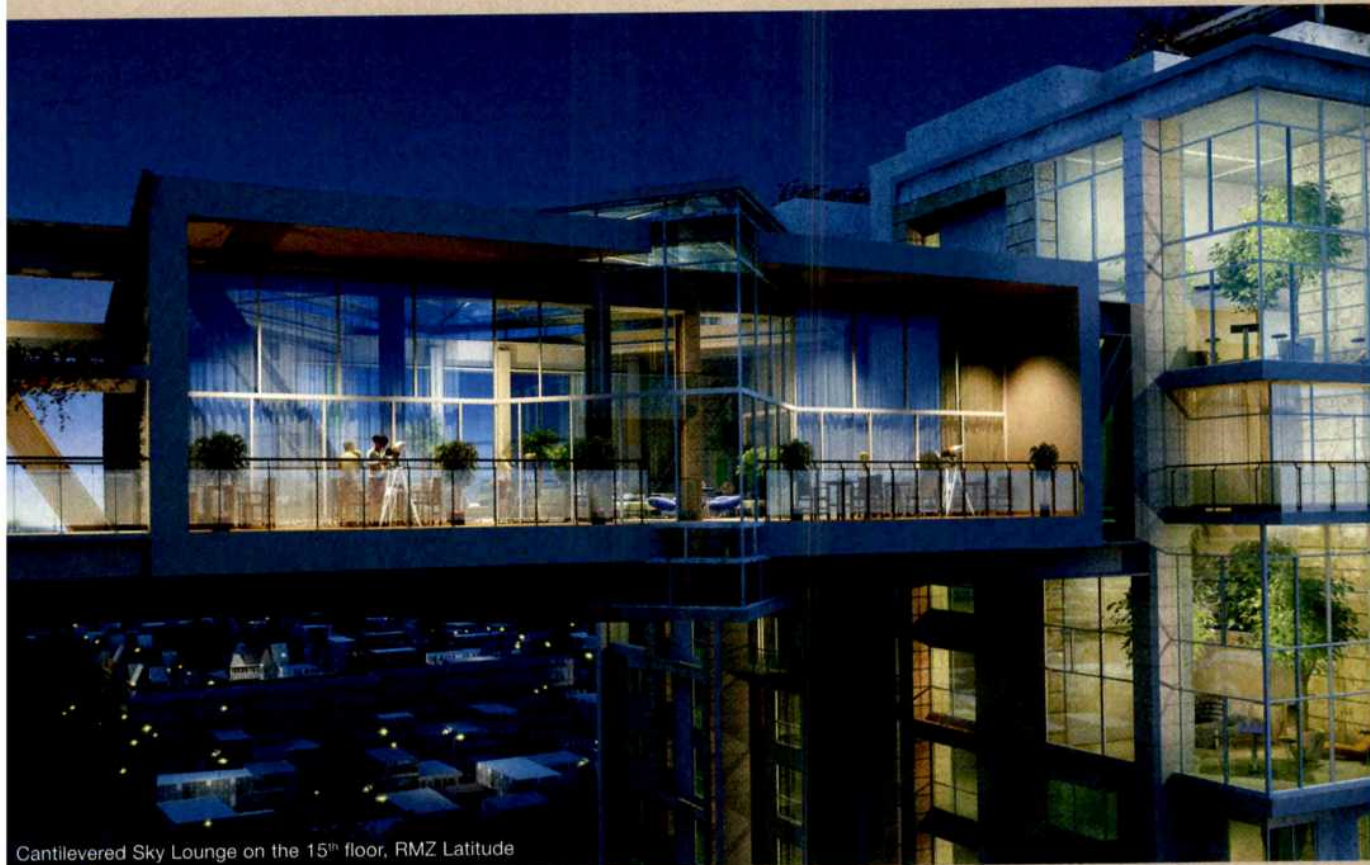
A Smooth Partnership

Chocolate and whisky are great ideas for a delicious night cap, but have you ever tried them together? Here are a few pairings that spell delicious

BY PIERRE MARIO FITTER



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Dalmore 12-year-old single malt

This whisky has a deep-gold and mahogany colour. Its aroma features notes of orange marmalade and aromatic spices. The flavour carries hints of citrus and sweet vanilla as well.



- **Valrhona Andoa Noire 70%**
This chocolate has hints of citrus and intense bitterness, which go well with the American white oak character of the single malt scotch.
- **Cacao Barry Tanzanie 75%**
This powerful, sharp chocolate has fruity and spicy notes. It combines well with the citrus and sweet vanilla pod flavours of the Dalmore.

Glenlivet 15-year-old single malt

This whisky has aromas of fresh cream, strawberries and sweet vanilla bean with flavours of malt, spice and maraschino cherry brandy. It also has mild hints of east European sour cream.

- **White and Praline Chocolates**
The praline's nutty flavours and smoothness of white chocolate find a willing partner in the creamy flavours of the whisky itself.
- **Bitter-sweet dark chocolate**
The subtle malt, spice and cherry brandy tones of the whisky combine well with the bitterness of the dark chocolate.





Balvenie 15-year-old single barrel

Matured in oak barrels, this whisky picks up hints of fresh coconut, vanilla, and even caramelised sugar that combine with the honey-sweet flavours inherent in the whisky itself.

- Charbonel and Walker Banoffee truffles
Bitter-sour toffee notes mirror the caramel in the whisky, while the banana blends well with Balvenie's vanilla and coconut notes.
- Ghirardelli Dark and Mint squares
The intense mint can overpower but it is tempered by the dark chocolate and blends well with vanilla notes in The Balvenie.

Jura 10-year-old single malt

This complex scotch has aromas of American white oak, cinnamon, crushed pear and apple as well as whiffs of almond, pine wood and lemon grass. It tastes of caramel, liquorice, roasted coffee beans and whole meal bread.

- Callebaut Madagascar Dark 67%
Acidic notes, red fruit, exotic wood and nutty flavors balance well with the fragrance of lemon grass and pinewood from the whisky.
- Valrhona Tainori 64%
Notes of yellow fruit, nuts and freshly baked bread, lend a feminine touch to the whisky's caramel, coffee and bread notes.



BT More | WATCH

The world's oldest watchmaker in operation, Vacheron Constantin is a benchmark in art and accuracy

The Art of Time Management

BY R PALLAVI





If you're given an empty canvas and asked to paint your inner thoughts, the brush is likely to slither across it with abandon, giving form to your whims and fancies. Art is freedom and a conduit to express individualism. But, if the canvas turns into a priceless gold dial, the brush morphs into a scientific engraver, and your job is to carve microscopic details on it, being an artist takes on a new meaning. The fear of faltering on a tiny piece of metal, that a team of engineers and artists have already spent years labouring on, is at once unnerving and challenging.

Like a good timekeeper Vacheron Constantin rules out any uncertainty by using the past and the future to its advantage. So, while the age-old know-how is passed on to the apprentices, they are also encouraged to invent. The young watchmakers undergo a four year training programme under the

sembling astronomic and navigational complications and understanding the metrical placement of the watch's gear-train and escapement.

The 250-year-old tradition might be weighty enough to eclipse any effort at innovation and change, but it doesn't. Just as watchmakers in the 18th century were referred to as 'cabinotiers', or craftsmen, today's generation too treasures its association with art and innovates order to keep creativity at the fore. What's more, the brand seats them in a little heaven near Geneva where they look out into grassy stretches, enjoy the cool breeze and hear chimes of cow-bells while they ideate. With pictures of their family and quotes on horology pinned around them, they are hunched over in a relentless passion for their product, and for life in general.

In 1994, the brand observed the 400th death-anniversary of Gerardus Mercator, the architect of the world's first flat map, which was, by remodelling his



The Vladimir's pink gold case has a manual engraving of Chinese zodiac signs (above); The Japanese maki-e lacquer tradition defines the intricacies on the dial (below)

creations on the dials. More scientific than creative though, but its success served as a yardstick for future interpretations. Ten years later, the Métiers d' Art was born to preserve traditional arts like enamelling and engraving.

The first series recreated the historic journeys of Marco Polo and Christopher Columbus. For

this, the dial was diagrammed with the geographic locations of their adventures, in their latitudinal exactness. The art at play here is 'Grand Feu' which involves placing the visual composition on the dial, dot by dot with a fine tipped brush. The movement too blends with the theme, as the hour glides across 120 degrees like a ship in sea-tide and the minutes inscribed on the lower enamel dial resemble markings of a nautical compass.

The Métiers d' Art Les Dragons Collection embodies the Chinese sacred symbol through a Guilloché motif which results from an alternating use of two machines, one to engine-turn straight lines and the other to rotate the work-piece on its axis for engraving curves. For the first time, this created non-geometric lines that ran erratically over the colourfully metallic dials, leaving a dramatic visual effect.

The Métiers d'Art La Symbolique des Laques roped in artisans from Kyoto's oldest lacquer house, Zôhikoto, to unleash on its watch-faces, the art of 'maki-e'. This involves sprinkling

gold and silver dust on moist black lacquer to define the delicate motifs of flora and fauna. To complement its delicate patterns, the 1003 calibre movements were done in 14-carat white gold and skeletonised exquisitely in its nucleus. But, the most unusual Métiers is Les Masques that replicates extinct tribal masks

THE MÉTIERS D'ART TREND WAS STARTED TO REVIVE TRADITIONAL ARTS LIKE ENGRAVING AND ENAMELLING

from Geneva's Barbier Mueller Museum. As if afloat, the masks sit on translucent glass as the calibre 2460 movement stands concealed underneath.

To boost such ancient crafts, the brand has set up the Cercle 250 project that generates awareness with corporate sponsors.

To cut a long story short, Vacheron has committed itself to preserving what's good and creating what's better, and has succeeded each and every time.



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- ◆ Abundant in antioxidants



BE A MAN GET A BAG

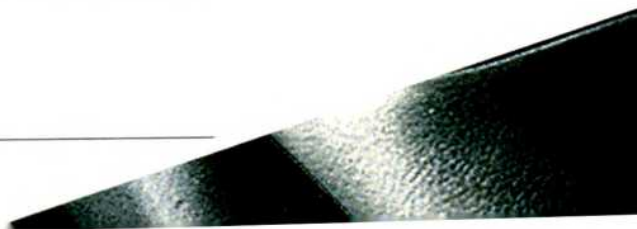
It's useful, it's sensible, and it definitely looks more mature than a backpack. The man-bag is making a comeback. So man up, and get one.

BY HITANI KAUR

No one likes a lumpy ass!" A flummoxed and extremely indignant Dilip Kapur has been trying to convert the Indian male from stylistically offensive to practically fashionable. The 'lumpy ass' the founder and CEO of Hidesign refers to, is the overstuffed wallet protruding from the male behind. Living in what is allegedly the country's fashion-forward capital, the oblivion of the average male is a paradox to me. My avid people-watching skills have discovered heinous crimes in the men's fashion department. From overstuffed wallets to scruffy laptop bags and distressingly, even a Jansport rucksack teamed with office-wear. Come what may, the average Indian male has not yet progressed to a point where they make use of 'man-bags' as redemption for their fashion crimes. In Europe, satchels and man-bags are the norm. Like most innovations that evolve out of need, these practical carry-ons too, are the sensible

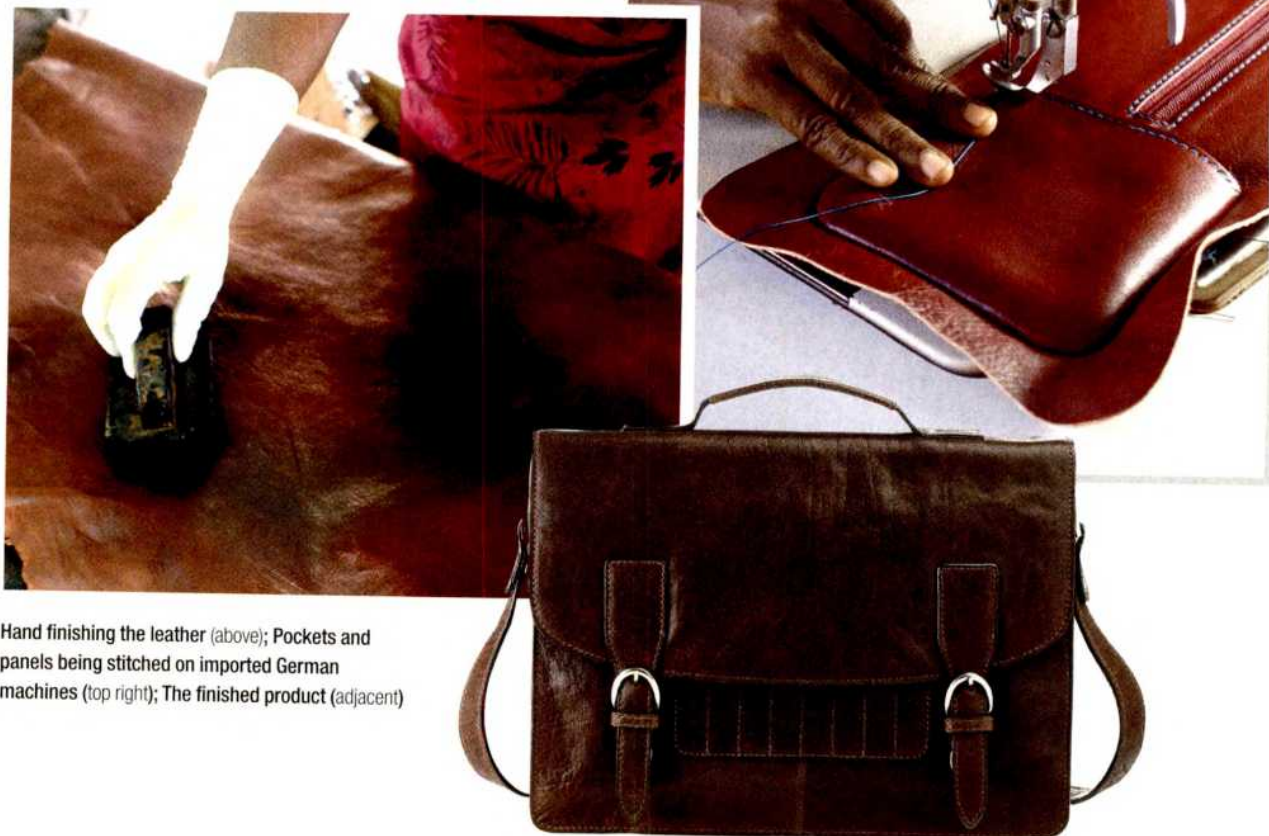
way to go. Armed with a portable army of gadgets—iPad, Blackberry, laptop, charger—it's time to man up, and get a bag (it wouldn't hurt to throw a deodorant in there too).

Hidesign traces its roots back to 1978, when it began as a two-person artisan workshop supplying small alternative stores in Australia and the United States. Their initial statement was a rebellion against uniformity and mass production. Each bag was handmade and progressive for its time. In 1982, the brand reached the UK and in just three years, they were retailing out of John Lewis with a line of leather goods. By 1990, they had expanded from bags to include leather garments and accessories, producing out of a custom-designed factory in Pondicherry. What started out as one man's hobby, had grown into a well-oiled machine employing hundreds of people and supplying products across the world.





Hides of different hues are used ingeniously
to create a range of products for the brand



Hand finishing the leather (above); Pockets and panels being stitched on imported German machines (top right); The finished product (adjacent)

Over a six-hour tour of the factory in Pondicherry, I went past ponds and natural green encircling the raw brick architecture that houses the Hidesign process from start to finish. Considering the sheer volume of their produce, I was pleasantly surprised by what I saw. A far cry from a mass-driven, intensive workstation, the set-up at Hidesign has a congenial vibe made up of happy workers. A well-appointed and informed staff of labourers (mostly women) chip away at their tasks without instruction or interference. They know exactly how to do what they do. The brand's identity stems from here; each bag is individually handcrafted by a team of three to six artisans and none of the material is wasted. The whole set-up is more workshop and less factory. And, the owners take pride in the environment friendly way in which

everything moves along. Hidesign uses vegetable tanned leathers that give the material a rich feel and tremendous durability. The brand uses a full-grain hide without any corrections to hide defects, so as to maintain the leather's natural beauty. Most of the hide comes from cows, and the process doesn't contribute to poaching. The crocodile and elephant-skin bags don't come at the cost of the animal; the patterns are simply embossed onto the cow-hide. The brass elements too are made in-house where they're baked in kilns, shaped, and given a good shine before being packaged right within this happy universe.

As the extensive tour took me through the entire process of sorting and cutting to stitching and packing, I noticed that everything and everyone seemed to be going about their

business with surety and ease. Dilip Kapur runs a tight ship, but he does so effortlessly. The creative team is constantly reinventing to meet growing demands. In 2004, Alberto Ciaschini was hired as lead designer, and 2012 saw the launch of a luxury designer label which currently designs for women, with plans of hitting the male market very soon.

A Hidesign bag is not something you'll kick out of your closet after a year and it certainly isn't seasonal in its appeal. As intended by its maker, it can go through decades without losing context. We ended the day in Dilip Kapur's study where the topic invariably came back to man-bags and making products that stand the test of time. The man is determined to get his way; bagging-up is the only way to go. So wipe away the cobwebs and get with the programme. ■

THE AMAZING ADVENTURES OF THE SECOND WATCH

The Swatch Revolution

Swatch is a revolution. Its creation marks a watershed in the history of watchmaking. The sudden appearance of an innovative, plastic, colourful, eye-catching Swiss made (quality!) watch turned the watch world on its head. Made possible by a series of extraordinary advances in design, materials and manufacturing processes, Swatch represented a technological revolution. But there is more to the story: of all the changes Swatch brought to the watch industry, none is more important than the change in perception that came with the new concept. With the arrival of Swatch, a watch was no longer simply a way to measure and keep track of time, it was a fashion accessory. For watchmakers everywhere, Swatch opened the door to an entirely new industry—the ever-changing world of fashion. Before Swatch, a Swiss watch was made and cherished for a lifetime. Now that Swatch has changed the world, watches are made for an instant of pleasure, for a special occasion, an unforgettable emotion... From craft to high-tech design and manufacture In the late 1970s, faced with the growing popularity of inexpensive quartz watches, a group of engineers in Fontainemelon (Neuchatel) developed a super-thin, gold luxury watch known as Delirium Tremens — the thinnest watch in the world (1.98 mm) at the time. An initial response to the Asian challenge, its secret lay in its radical simplification. The traditional division into three parts (bottom plate for the movement, case, and frame) had been abandoned in favour of a one-piece case, the bottom of which also served as the bottom plate for the movement. But a thin, expensive watch would not be sufficient to stave off competition from the cheap quartz watches flooding the

market. A more radical approach was needed, and the drive to simplify was soon complemented by a search for new materials and methods that would allow the production of an entirely new kind of Swiss watch — one made of a synthetic material, shock-proof, accurate, perfect for mass production, inexpensive, and available in a wide range of colours...



The Great Kabab Factory TM is an Indian specialty restaurant offering a unique dining experience. Using recipes combining the ancient with the contemporary, TGKF brings delectable kababs from all over the Indian subcontinent. At The Great Kabab FactoryTM, one can experience mouth-watering kababs prepared in seven different styles, roasted on the tandoor or on a sikhri, shallow-fried in a tawa or a mahi tawa, deep-fried in a kadhai, steamed in pots or even grilled on a stone.

MENU OFFERINGS:

A different menu is set for each day and guests are served unlimited servings of each dish, either vegetarian or non-vegetarian. Besides the signature kababs such as the Galauti and the Burrah, the meal comprises of daal factory, biryani, a selection of Indian breads and the best of seasonal vegetables and desserts. Their signature kababs have been created after a decade of extensive research and

development. TGKF owns a recipe bank of over 450 kababs which include many closely guarded family recipes passed down through the ages. For the vegetarian clientele, their master chefs have introduced kababs such as tandoori broccoli and subz galouti which are unique to the TGKF dining experience.

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Inner Healing

Looking to revitalise yourself this Diwali? Here's how ayurveda can keep you grounded.



VIVEK SAHNI
Director, KAMA Ayurveda

Every now and then, when you stop and actually think about the frenzied life you lead, there is an intense desire to press the pause button and heal yourself. Modern advances in the field of health-care, nutrition and well-being have brought about some much-needed changes in the quality of our lives. The manufacture of processed food and artificial nutritional supplements mean that we have access to more variety and can consume more. On the other hand, these advances come with their own problems including new strains of viruses that become resistant to medicines, lifestyle diseases like obesity and diabetics, and the increasing prevalence of stress and depression.

In such a context, ayurveda is becoming an increasingly relevant science and way of life. There are of course the believers and the naysayers but those who understand the power of ayurveda in all its complexities recognise it as a science based on ancient knowledge that deals with nature.

An ayurvedic lifestyle is about making all that's pure and natural a way of life. Incorporating ayurveda to treat and prevent ailments is a good starting point. The application of ayurvedic oils through abhyangam, which is a specialised ayurvedic body massage, can treat physical ailments caused by long hours at the desk like joint pains. Meditation, yoga and eating healthy as part of the ayurvedic lifestyle, have

been proven to reduce stress and prevent disease. Thus ayurveda not only deals with curative measures, but also stresses on preventive ones.

Men have started paying a lot more attention to their grooming habits because of increasing self-awareness and the desire to look good. Notwithstanding exposure to pollution, the harsh sun and smoking make facial skin rough and dry, cause pigmentation and increase wrinkles, facial lines and allergies. Most grooming products like shaving creams, after-shaves and facial creams contain strong chemicals which can over a period of time create problems which can be avoided.

Make small but decisive changes in your life. Switch to herbal and ayurvedic products like a deodar-based face wash, lavender patchouli cleanser, red sandalwood ayurvedic soap etc. which are available off the shelf. Besides these, there are ayurvedic therapies like hair treatments, ayurvedic facials, body wraps and foot massages, which can help skin and body problems and counteract feet problems.

Most men are confronted with the problem of balding which may be hereditary or due to stress, smoking or scalp infections. The use of ayurvedic oils like bringadi is highly effective in counteracting this problem.

Dedicating a few minutes everyday to yoga, eating regulated meals and using natural ayurvedic products for grooming can go a long way in enhancing your lifestyle in a natural way. ■



"ORGANIC INDIA" we are honored and privileged to be the first company to bring the Sacred Tulsi to the world market as a delicious herbal tea for the health and well-being of all. Tulsi is a powerful anti-stress agent and is rich in anti oxidants. Organic Teas/ Specialty Teas are now a day's high in demand due to its health benefits & have become style symbol. Concept of Green Tea has grown up in many folds in past 3 – 4 years due to its antioxidant & fat burning property.

Organic India is launching 3 new flavours of tea:

Tulsi Green Tea - Pomegranate
Tulsi Green Tea - Lemon Ginger
Tulsi Honey Chamomile

Tulsi Green Tea – Lemon Ginger:

Awaken your senses with this transformative blend of Tulsi bursting with pungent ginger, accented with fresh lemon & blended with nutrient rich Green Tea. This exotic flavour blend is great for digestion too!

Tulsi Honey Chamomile:

Experience the soft smooth flavour of Chamomile blossoms, reminiscent of apples dribbled with amber honey. Accompanied by the depth of the Tulsi leaf trio, this is the perfect Tea for a soothing restorative moment.

Tulsi Green Tea – Pomegranate:

The restorative wonders of Tulsi are infused with a bright burst of pomegranate & elderberries, and blended with nutrient rich Green Tea. Uplift your energy, enhance your wellbeing and charm your taste buds with delight.



Unless you've been hiding under a rock for the last 3 years or so, you'll know that a Tablet is not just something you take for a headache, it's an invaluable business tool. With features like 1.4 GHz processor, 7" multi-touch capacitive screen that packs in 1024x600 brilliant pixels, Wi-Fi, video calling, 9 hours talk time, 300 hours standby time and dual camera, the Reliance 3G Tab is what used to pass for science fiction 10 years back. And when you also get an unbelievable data plan that gives you 3GB of free data usage per month for 3 months, unlimited video calls to Reliance 3G for 3 months, free McAfee mobile security for 1 year and free BIGflix movie subscription for 2 months, it's what they call "Win-Win" in important business discussions.



5 APPS THAT INCREASE PRODUCTIVITY

So it's that obscene hour in the night. The presentation's tomorrow and everything (job, career, family, future, happiness, you know, the usual) rests on it. What do you do? Is all lost? Well, unfret, dear burner of midnight oil. For here are 5 great apps that improve productivity and guarantee grunts of approval, pats on the back, corner offices and such like.

Docs to Go – Preloaded: Docs to Go is that app that truly frees you from your desk. Word processing, spreadsheet processing, and even PowerPoint presentations will now go wherever you go.

ET Economic Times – Preloaded: There's no time like real-time. Get updates from India's premier business newspaper and be the showoff that all your colleagues hate.

THE TASK MASTER IS HERE

Evernote: Evernote is that one essential app for all those with a lot of things to do, and very little memory. It takes notes, syncs them, mails them and keeps them safe in the cloud. Just don't forget to use it.

RepliGo Reader: So you get a mail from an exec with a PDF that absolutely requires your analysis. Yet, you would like to avoid meeting said exec. RepliGo Reader is your salvation. You can highlight, correct and even signoff your documents, right from the beach party your cousin's friend's roommate is throwing.

Gmail – Preloaded: Unlimited storage, large files sizes, the world's most popular email. Enough said.

5 APPS THAT DESTROY PRODUCTIVITY

So it's that time of the day. When the mind just doesn't work and the body is only too happy to agree. Where tomorrow's presentation seems an entire day away. What do you do? Here are 5 great apps that are sure to destroy any semblance of productivity and ensure that your next appraisal is a nightmare.

WhatsApp: 1) Log on. 2) Add friends 3) Watch day go to waste.

Facebook – Preloaded: The number 1 distraction in the world, now on your Reliance 3G Tab.

Grand Theft Auto 3: Is it morally dubious? Yes. Is it highly addictive? Hell yes!

Angry Birds: That sales report can wait. The pigs must face justice!

StumbleUpon: Never has time been wasted with such commitment. StumbleUpon is that app, where you log on, hit a button for a random page to be loaded based on your interests, and watch time and a sense of purpose, fly.

BT More

GOURMET CENTRAL



The two Michelin-starred restaurant sits inside a 16th century stone house

Live a Little Switzerland

Hidden away in an old-world stone house amidst the vineyards of Satigny, Domaine de Châteaueux delivers great gastronomy. **R PALLAVI**

For someone who belongs to concrete and enjoys cosmopolitan chaos, the idea of a quiet evening in Switzerland's countryside is both pretty and pretty boring. But, to experience 'real Switzerland' I agreed to take a short ride from downtown Geneva for dinner in the vineyards of Satigny.

After long stretches of green, a cluster of sloped roof buildings came into view. I wiped the mist off my window and noticed a castle-like facade adorned with flowers and draped in ivy: We were at Domaine de Châteaueux. One look at this medieval-era structure and you immediately feel its history. The resort sits on a hill-top overlooking

the Rhone and bears the celebrated Relais & Châteaux badge (an international fellowship of individually-owned luxury resorts and restaurants). On offer here is nouveau French fare.

Our meal began with a spinach soup that came with a small pastry cone stuffed with chestnut cream. The blend of sweet and salt did the trick, but the portion was so tiny that I was left craving for more. Next came a platter of three bite-sized vegetables; crunchy and peppered with smoked spices. Had I not put in a no-beef request ahead of my meal, I would have been served a Bavarian cream of asparagus with poached egg, bresaola and hazelnut oil.

To trust my sources, this buttery entree was nutty and hit the spot. The saffron risotto I tried subsequently was light and its cream cheese almost like velvet.

For dessert, the pistachio biscuit and cherry mousse infused with green tea was refreshing and delicate. This was followed by a caramelised biscuit and milk chocolate delicately flavoured with Schinus Molle, an American pepper. Undoubtedly, the most ingenious segment of our slow-food experience.

Then again, we shouldn't have expected any less. Philip Chevrier, owner and head chef, reached for the stars while dreaming up his offerings. And he earned two, with a Michelin pre-fixed to them. Well deserved, we say.

BT MORE RECOMMENDS

- 🍴 Spinach soup with chestnut cream
- 🍴 Pistachio biscuit with cherry mouse

Gourmet menu CHF210 per person
(₹12,200 with taxes); ☎ + 41 22 753 15 11

Food for Thought

Rhino, the latest addition to Gurgaon's Golf Course road serves up great cocktails but the food is inconsistent. **BY PRACHI BHUCHAR**

This place clearly ranks low in the planning department. It is meant for dining but the lighting is so low you can barely see your plate. If you get one of the tables near the bar, chances are your dinner conversation will be interrupted by the annoyingly incessant pressure cooker whistle that goes off in the kitchen (yes, you can hear it at your table). Rhino is a confusing space: dark wood, elements of copper and fit with a stage for live gigs. It has diner-type leather benches on one side that lead onto a surprisingly nice outdoor terrace. Overall though, the space is too dark.

To be honest, Rhino is a fantastic bar with passable food. The bar menu has a mix of interesting molecular cocktails and the drinks are fun and impressive. Try the coin royale which is sparkling wine topped with a cranberry foam and strawberry caviar pearls. The enthusiastic bartender does a good job of dressing up everyday staples with fancy pearls and is true to the art of molecular mixology which is not yet a common option in Gurgaon.

The cocktail list is extensive and no matter what your position, you will find an attractive version of it here. The bar and service are the two redeeming factors at what otherwise comes across as a cavernous, moody bar looking to host sufi, jazz and other live performances on a regular basis.

Drinks aside, the menu is where the confusion begins. It is 'multi cuisine' and has a smattering of Indian, Lebanese, Mediterranean and even Chinese thrown in in the form of 'Oriental desserts.' The pita pockets (vegetarian) were crisp and wholesome but the hummus lacked the lovely texture generally associated with it. The duck salad with poached pears is described on the menu as 'oven roasted duck, red wine poached pears accompanied with seasonal fresh herbs'. You order it expecting a delicate, aromatic plate. Huge disappointment. What you are served instead has large wedges of tomatoes, cucumber and lettuce dominating, with slivers of duck thrown in as an afterthought. The hoisin sauce dabbed on as a dressing



was straight from a bottle and the poached pears did not work. There were no fresh herbs on a dish that definitely needs an overhaul. Similarly the Qatari kebab (mince skewers) served with papaya salsa seemed to have been plated in a hurry. Too many things were happening on the plate that did not gel together and the kebabs were dry.

While no one can complain about the portion sizes at Rhino, perhaps the trick is to steer clear of any dishes that are even remotely fancy in their description. Stay with the regular pastas, burgers and Indian food (others who have eaten here vouch that these dishes are tasty) and you should be fine. While I would happily recommend Rhino to anyone who loves cocktails and is looking to down a few mean drinks after work, this is not the place to head to for an extended meal. Given that a dining experience is as much about the ambience as the food, you come away feeling rather disappointed. Perhaps it may be worth another visit to see if the chef was simply having a bad day at the office.



The interiors are dark wood and the space sports a stage at one end for live performances

BT MORE RECOMMENDS

🍷 Coin Royale

🍷 Nachos with cheese

Meal for two at Rs 2,500 plus taxes; for reservations ☎ (0124) 4205676



The lengthy interior of Spiritual Bar & Lounge at the DoubleTree by Hilton

Spiritual Connection

DoubleTree by Hilton, Gurgaon, puts a spin on traditional cocktails and wows with delectable wood-fired pizzas. **BY HITANI KAUR**

Enticing you with its traditional, hot crumbling cookies just as you enter, the DoubleTree by Hilton is a recent addition to the Delhi-Gurgaon hospitality scene. Located on Gurgaon's Golf Course road, the hotel is just a 30-minute ride from the airport, and targets corporates visiting the capital on business.

Located in the lobby, Spiritual Bar & Lounge stretches vertically long on two levels. The sunken bar features an illuminated bar-top, dark wood parquet floor and high chairs. Running alongside just a couple of steps above, a carpeted stretch along the pit offers more comfortable dining with low cushioned seats. The staff is extremely proud of its cocktail menu, especially the grilled pineapple mojito. This showpiece made up of pineapples grilled on a tableside

barbecue, dark rum, mint, lemon and brown sugar, is put together with a flash of showmanship. Not much of a cocktail girl, I found the mix a tad too sweet and had to surrender just a few sips in. The apple brulee, a concoction of vodka, fresh apples and cinnamon, went down much smoother and was a fresh and interesting drink.

For dinner, we ordered a platter of buffalo wings, garlic squid and prawns. Full points for quantity, but not so much on quality. While the wings were no different from the kind served at fast-food counters, the prawns were overcooked and the squid was average. Our next order however, more than made up for the initial disappointment. The verdura pizza comes with a thin, wood-fired crust and is loaded with zucchini, eggplant, peppers, olives and

asparagus. These were perfectly marinated and scattered generously across the base. Each mouthful was an explosion of flavours, and won us over despite being completely vegetarian. It was time to call it a night, and after much insistence from the bartender to try his signature paan martini, we concurred. This creation by the bartender has the same flavours as the original paan, but tastes ten times better; a refreshing palette-cleanser at the end of a heavy meal, it hit the spot.

Spiritual propagates itself as a cocktail lounge, but delivers on some of the best wood-fire pizzas the city has to offer. I'd definitely go back just for another slice. The staff is indulgent and friendly, however their service lacks efficiency. Worth a visit.

BT MORE RECOMMENDS

- 🍷 Pizza Verdura
- 🍷 Apple Brulee

Meal for two (with alcohol) ₹3,500
including taxes; for reservations

📞 (0124) 4911234

JUST WINE NO BULL



SOURISH BHATTACHARYYA
Executive Editor, Mail Today

Trans-Atlantic Wine War Clouds

The French have a problem with the import of American wines carrying the word 'chateau' on their labels. Why this brouhaha over the word?

WHEN I first went to Chateau Haut-Brion, home to one of Bordeaux's finest wines that was acclaimed as far back as the 17th century by the English diarist Samuel Pepys, I had expected to see a castle or at least a structure as imposing as one.

What I found instead was a finely appointed office where I had lunch with the owners, the Duchess of Muchy Joan Dillon (who's from an American banking family and is the daughter of John F. Kennedy's Treasury Secretary) and her husband, the duke. It was then that it dawned on me that the expression 'chateau' on a Bordeaux wine label (or 'clos' when from Burgundy) signifies that the contents of the bottle are from a single estate, and not from different vineyards.

I am making this point in the context of the French-led move in the European Union (EU) to shoot down the U.S. demand to re-allow imports of American wines with the words 'chateau' or 'clos' on their labels. The French insist that the use of the hallowed words would amount to American wine companies "cheating consumers".

This hair-splitting seems ironic to me when I remember the famous

Judgment of Paris, where in a blind tasting of French and American wines by 11 judges on May 24, 1976, the Californian Chateau Montelena's 1973 Alexander Valley Chardonnay topped the white wine category, much to the anguish of Burgundy producers, who believed their Chablis was unbeatable.

The victory, along with that of another Californian icon, Stag's Leap Wine Cellars, among the reds, put America firmly on the world wine map — the 2008 film *Bottle Shock* starring Alan Rickman and Bill Pullman dramatises the Chateau Montelena story. What made the victory even sweeter was that nine of the 11 judges were French. There was such excitement about the results that the Smithsonian National Museum of American History put up a bottle of the 1973 Chardonnay on permanent display.

So what explains this trans-Atlantic brouhaha? It's all about money, honey! America is working overtime to lower trade barriers and increase its wine exports, which the French don't find palatable at all. The Americans and the French have never been the best of friends. The wine row promises to leave a bad hangover.



America's Founding Father, Thomas Jefferson, had fondly declared his love for French wines, especially the venerable Bordeaux 'first growth' Haut-Brion. The French though, haven't been as welcoming of American wines, despite two Californian labels topping the historic Judgment of Paris blind tasting held on May 24, 1976.

BT More

TRACK & WIELD



ENTER THE DRAGON

In Chinese mythology the dragon is a supreme being that symbolises power, strength and good fortune. It is the essence of life because its breath is made of the cosmic power *Qi*. Lladró's Auspicious Dragon is inspired by these revered traditions and is a marvellous decorative piece for your living room.

Price: ₹5.95 lakh

MAGIC OF MAGILLEN

Crafted from soft calfskin leather, this Hidesign Magillen briefcase will be a lasting addition to your work wardrobe. Carry this piece by the shoulder strap for that overnight trip or use the top handle for more formal settings. Price: ₹7,295



BIKER CHIC

Canali puts a progressive spin on the classic biker jacket with supple lamb-skin suede textures styled with angled side zip pockets and a hidden front zip closure. Pair it with this chequered scarf, also by Canali, for an old-school dapper look. Price on request



CHECKMATE

Silversmiths Frazer and Haws' latest offering for your living room is a decadent Alessandro chess set that is intricately crafted with mother-of-pearl, marble and silver.

Price: ₹89,000

MADE FOR THE MAVERICK

Developed for military pilots in the late 1930s, aviator-style sunglasses have maintained their status for over 75 years. Maui Jim's maverick aviators gives the wearer a classic, sleek city-ready finish with chrome frames and gradient lenses. Price: ₹4,990



WRITER'S DELIGHT

Sinfonie Champagne is the latest offering by William Penn, the German writing instruments manufacturer. The pen features an anodised matte aluminium body encrusted with Swarovski crystals and a rhodium-plated steel nib. Price: ₹4,100



IPHONE A FRIEND

One of the most anticipated consumer electronic products, iPhone 5, is finally out now. The latest iPhone packs a couple of impressive features, namely: 4-inch 16:9, 1136x640 326ppi Retina display, Apple A6 chipset, 8mp/1080p video, F2.4 iSight camera with 28mp panoramas. The iPhone 5 has already been rated as the best Apple phone ever. Price: upwards of \$199 for 16GB



CRYSTAL METHOD

Parisian artist René Lalique has crafted some of the finest examples of glass sculptures ever made. Consider this Tianlong vase. The amber-coloured piece is hand-crafted and has an aquatic theme. And since eight is a lucky number for the Chinese, only 88 have been made.

Price on request.



TEE OFF WITH FERRARI

Sports carmaker Ferrari has teamed with Cobra Puma Golf to deliver a new line of golf equipment, apparel, accessories, and footwear. The centrepiece of the collection is this handmade leather golf shoe that places Ferrari's prancing horse logo on the heel and S2Quill spikes for superior grip on the soles. Price: ₹1,10,00

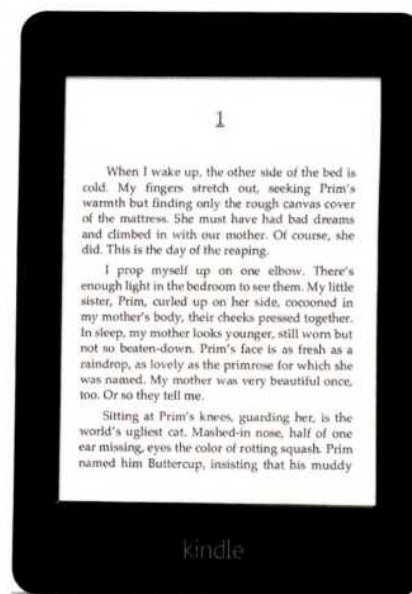
RINGING IT IN

These Versace rings will add a textured accent to any ensemble. The celtic-inspired pieces come engraved with the brand's logo. Wear it with a sharp, minimalist look to let the details shine. Price on request.



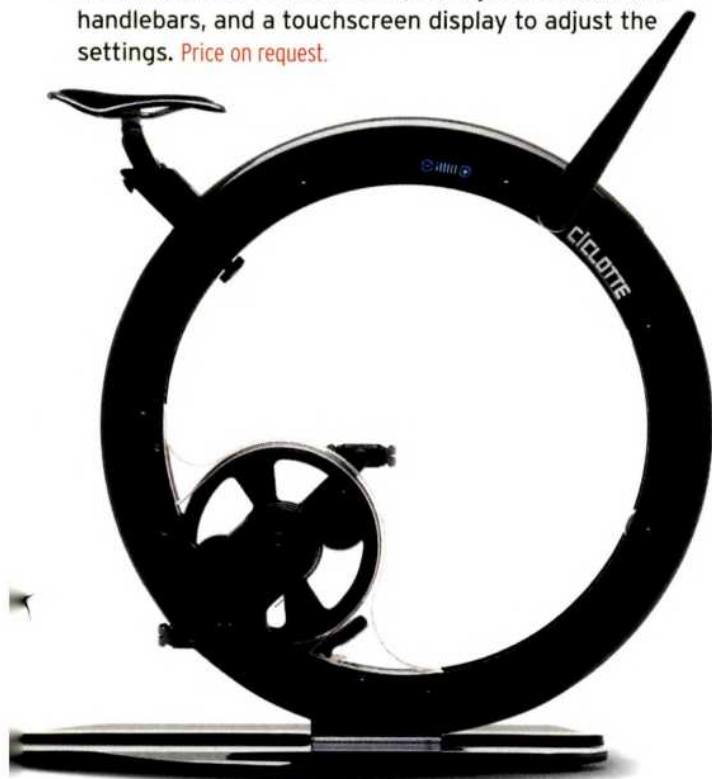
READER'S DELIGHT

It may look quite similar to the Kindle Touch, but the new Kindle Paperwhite is a big step forward in the Kindle e-ink segment. The Paperwhite has 62 per cent better resolution, greater contrast, 8-week battery life, new hand-tuned fonts, holds upto 1100 books, and yes, the much-needed in-built light. Price: \$139 (₹7417)



RIDE OF YOUR LIFE

The Ciclotte exercise bike is no ordinary machine. It's a brilliant piece of design and cutting-edge fitness equipment rolled into one. The unicycle frame comes with an epicycloid crank system and a magnetised main wheel to generate resistance. It also has a steel and carbon frame, an adjustable seat and handlebars, and a touchscreen display to adjust the settings. **Price on request.**



HAIR RAISING STORY

Here's one for those having a bad hair day. Kiehl's, the skin and hair care brand, has recently launched Magic Elixir, a hair restructuring concentrate. Made from rosemary, avocado, safflower seed, and aloe, it rebalances the scalp's protective barrier to maintain a healthy equilibrium of moisture, nutrients and microflora.

Price: ₹1,900



UPGRADE



GO TRIGGER HAPPY

Leica and Hermès have come together for the Leica M9-P Edition Hermès—Série Limitée Jean-Louis Dumas cameras. Only 100 pieces will be made. The camera pays homage to the late Jean-Louis Dumas, former president of Hermès and a Leica camera aficionado. The M9 edition features a titanium case, a redesigned top deck, base plate, shutter-speed dial, and shutter release. It also includes three lenses. Hermès has produced a camera bag specifically for the Dumas camera. **Price: ₹27,70,00**

BT More MY STUFF



MOHIT ANAND

Managing Director, Belkin India

MIND SPACE

Books The ancient Chinese military treatise *Art of War* and the bible for modern business *The Greatest Salesman in the World* **News** Washington Post
Music Nothing compares to Rod Stewart

HOME IMPROVEMENT

Drives BMW 325i **Entertainment System** I enjoy the graphic effects of pacy thrillers on my Samsung LED 3D TV **In My Den** A Swarovski pen



VANITY FAIR

Fragrance Chanel Blue, Gucci Envy, Dolce and Gabbana **Shoes** Steve Madden, but I am more of a sneakers fan and own a bunch of Adidas, Nike, Puma and Lacoste shoes **Suit** Anything that's made-to-measure and fits like a glove

MY FAVOURITE THINGS

Gadget Love I own an Xbox 360, an iPad 2 and a Samsung Galaxy Tab **Laptop** My HP computer travels with me in a Belkin bag **Cameras** Canon EOS 400D **Timepiece** I take pride in owning classic watches from Omega, Longines and Tissot



IN GOOD TASTE

Beverages On a casual evening with friends, I'd have a Tuborg **Spirit** The Glenlivet **Cocktails** Bloody Mary



If it's one for the road, make sure it's coffee.
Don't drink and drive.



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Patrick O'Brian,
"Blue at the Mizzen", 1999



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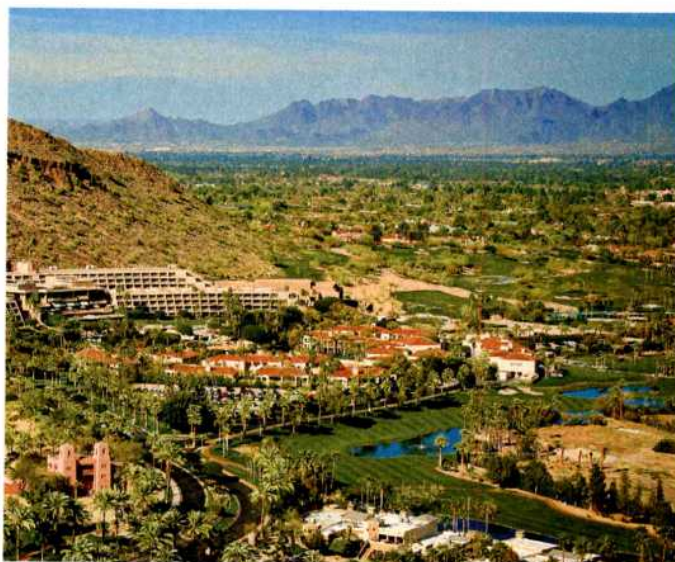
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Cover Image: CORBIS

Surely, it's not money.

After spending a lifetime in acquiring the finest things around the world, you can find yourself in the lap of luxury, wondering "there has to be more". That's why at Miele, we approach success and luxury from an entirely different point of view. Every Miele product is created with the rare promise of 'Immer Besser', a German phrase meaning 'Forever Better'. We do this so that you don't just acquire an engineering marvel and a heritage of perfection, but an entirely new level of sensory fulfillment. Nothing stops us. What stops you?

Featured here are Miele Island Hood, Induction Hob, Coffee Machine and Ovens

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Time is Money

Christian Selmoni of Vacheron Constantin tells you why a prestige timepiece is an investment

JEWELLED WONDERS

All that glitters may be gold, but Indians are now looking beyond the precious metal for investment options. Prestige horology is about timepieces that run on natural metals like gold and platinum. For instance, some of Vacheron Constantin's haute joaillerie watches include the Kalla Duchesse which has a

large cut diamond over all design and the Patrimony Contemporaine that features a pure platinum case, dial, hands, crown, buckle and even stitching.

MOVEMENTS OF TRUTH

While the precious material used adds a certain value to the timepiece, its rarity is derived from the scientific know

how that goes into its movements. Always check if the timepiece bears the Hallmark of Geneva logo (since 1886) which indicates an intricate step-by-step testing of movements. Another parameter of exclusivity in a watch is a Grande Complication movement which could be anything from one that's synced to the phases of the moon or a dense skeletonised function.

THE PRIVILEGE CLUB

Select watch brands offer a customisation experience wherein the buyers can fly down to the manufacture units and give their opinion on the various stages of watchmaking. Right from the shape of the escapement, the choice of precious metals in the movement to its strap-and-buckle aesthetics, you can give your inputs. Another way of upping the market value of your wrist piece is by going in for a limited edition. These usually take years to go from concept to finished product and only a few pieces are created. The value of such models undoubtedly appreciates much more.

SELLING PLEASURE

Even though prestige timepiece brands like to believe the watch will occupy a place of pride in your family's heirloom for generations, there's always a possibility of you wanting to give it up for monetary returns. If it's a limited edition, there's a good chance of it finding space in auction houses like Christie's, Bonhams 1793 and Sotheby's. Along with the rarity and vintage of the model, the resale value also depends on the condition of the watch. This is why we urge buyers to service their timepieces every four to five years. The oils need to be changed in order to avoid accumulation of dust and grime inside the casing and keep the watch precise.

The writer is the artistic director at Vacheron Constantin, the world's oldest watch manufacture in operation

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Also visit **Eggspectation** (24 hour Resto - Caf ), **Ano-Tai** (Chinese Restaurant), **Paatra** (Indian Restaurant), **Matrix** (The Lounge Bar), **The Churchill** (Cigar Bar), **Bakers Studio** (Patisserie Shop) and **The Tea Lounge** for unmatched culinary experiences.



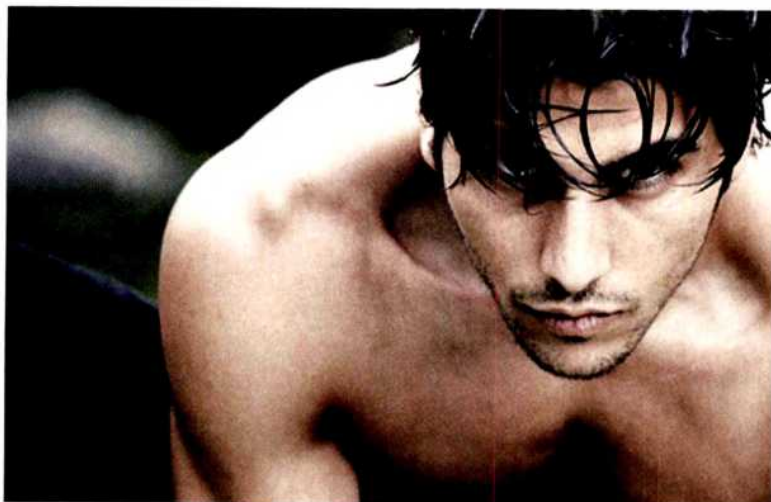
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What a Man Needs, in Winter

Flaky, itchy and dry, that's what **Crabtree and Evelyn** makes sure you won't feel like this winter. Here's a grooming kit that helps you battle the chill.

After Shave Balm

While after shave lotions might do the trick in summer, your skin needs a little more help in dry weather. A slight dab of after shave balm tackles skin eruptions and leaves the skin restored. **Try** Ginger, citron and green bamboo.

Goat Milk Soap

Ever since Cleopatra's time, goat milk has been a popular indulgence. A warm water shower with a triple-milled goat milk soap bar lends you milk protein moisturis-

ing that is much desired.

Jojoba Bath and Massage Oil

An oil massage isn't a luxury, it's a necessity (think your car's engine). The finest moisturising oil is golden jojoba which is obtained from the first pressing of the oil rich seed. Massage over muscles or pour a capful into the tub and soak for 20 minutes. It helps ease muscle knots, stiffness and leaves behind a citrusy aroma.

Bath Salts

The next best thing to floating in the Dead Sea, bath salts boast of nourishing tropical oils and seaweed extracts that soothe. Give your hands and feet some sea salt exposure at least once a week.

WINDOWS SHOPPING

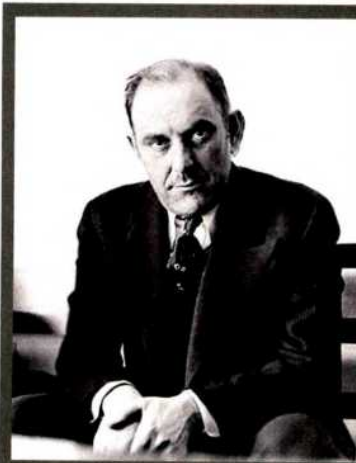
Praveen Sinha, Co-founder, **Jabong.com**, tells you why it's a good idea to shop online.

BEFORE YOU BUY

The biggest apprehension about online shopping is lack of tangibility. To ensure you get a convincing feel of the size, colour and texture, most good shopping portals offer 360 degree HD views of the products. You have time to think and your decision is guided by a other customer reviews and expert blogs.

ASSURED RETURNS

Addressing insecurities of the e-retail sector, select portals offer the facility of open-box delivery which entails a 30 day return policy. Alternatively, there's an option of trying out clothes and testing gadgets on delivery and demanding an exchange or return there and then.



LET'S GET TO KNOW VICTOR LUSTIG

Victor Lustig (1890-1947) was undoubtedly the most confident trickster in history. He is also known as the 'Man who sold the Eiffel Tower, twice.'

His first serious scam involved a money printing machine. He got his victims to pay \$30,000 for a machine that could print only three \$100 dollar bills in six-hour intervals. By the time they realised their machine's abilities, Lustig was long gone.

In 1925, he made use of a public outcry for the demolition of the Eiffel Tower and struck a deal with scrap metal dealers, selling off the structure to them for over \$40,000. Even though this trick made it to the headlines, he managed to perform it successfully a second time.

The Leonardo DiCaprio starrer *Catch Me If You Can* is said to be inspired by the infamous exploits of this con artist.

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As Asia's world city, Hong Kong is a global marketplace that links the booming economies of Mainland China and Asia with major markets worldwide. Over 50% of the world's population is within five hours' flying time of Hong Kong. Its fast and reliable transportation system makes getting around easy.



World-leading venues and hotels

Hong Kong is a sophisticated metropolis offering purpose-built facilities equipped to the highest international standards. The award-winning AsiaWorld-Expo and Hong Kong Convention & Exhibition Centre—along with a host of ancillary facilities – can cater for the most exacting event requirements. Choose from over 190 hotels ranging from super luxury to quality budget, supplying more than 63,000 rooms.

Professional support services

Hong Kong has an experienced band of highly qualified professionals who possess a 'can-do' attitude of going that extra mile to achieve all your requirements, from organising the initial meeting through to post-event tours. The Meetings & Exhibitions Hong Kong (MEHK) office also provides a free advisory service and one-stop support to help you plan your event.



Making your stay even more memorable

The city offers an infinite variety of things to see and do in a unique fusion of Eastern and Western heritage and culture. Colourful Chinese festivals take place throughout the year. Whatever your event, you can be sure that the biggest draw for potential participants will be Hong Kong itself. So just ensure they have enough leisure time to make the most of it!



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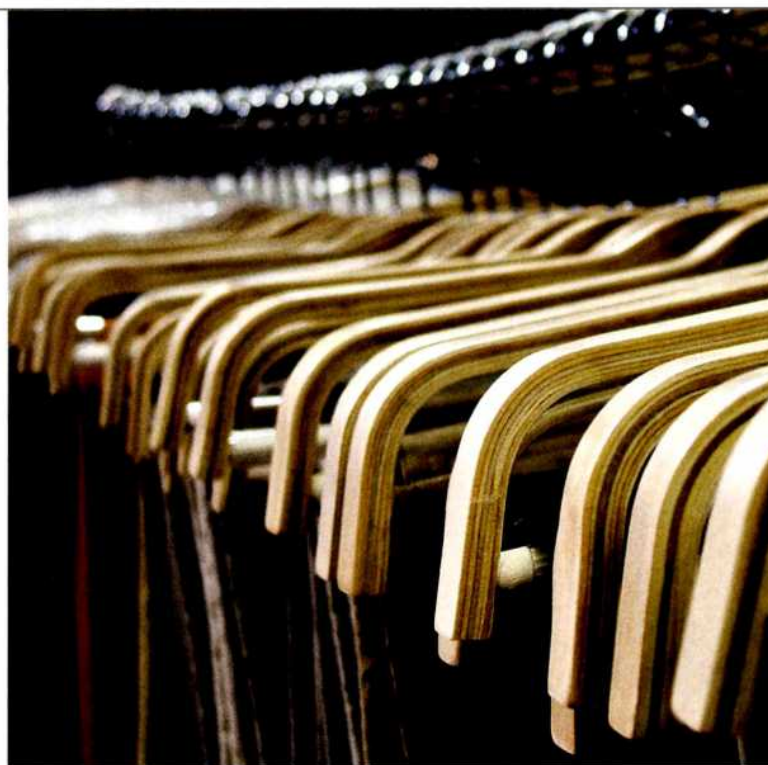


SHAKE IT BABY

Rohan Jelkie, master mixologist and founder of beverage consultancy Tulleeho, talks quirky cocktails. **Bacon and Bourbon** Take four strips of smoked bacon and cook on a non-stick pan for around 20 minutes to render the fat. Drain out the fat and mix with 300ml of your choice of bourbon. Shake vigorously and leave inside a freezer. After a few hours, take it out and strain the alcohol through a fine muslin cloth to remove any particles.

Vanilla Smoke-Infused Apple Mojito Slice green apples and place them in a large round bowl, leaving an empty space in the middle. Additionally, prepare a shot of hot water (20ml) and mix one spoon of vanilla essence. Place a piece of burning coal in the centre of the bowl with apples and douse it with the vanilla-infused shot of water. Trap the steam in the bowl for about 5 minutes. Use the smoked apples to make rum-based mojitos.

Gingello with Basil and Raspberry Dissolve a packet of raspberry jelly crystals in hot water as instructed on the pack. Now add 200ml of gin and finely chopped basil leaves. Pour this mix into shot glasses and refrigerate for a few hours.



Clothes Line To Heaven

Esther Lennaerts, executive chairperson of Pressto, India's first premium dry cleaning service, helps you care for your clothes.

another behind. Steer clear of popular tricks like applying soda, white wine, salt and so on. These make it harder to remove the stain.

WARDROBE WARRANTY

It's essential to let your clothes breathe so spread them out for a couple of hours before slipping them back into the wardrobe. Give woollens a three-day rest before reusing as this helps them shed wrinkles and regain their original shape. The right hanger ensures that creases are in the right place and breathable covers keep out dust while allowing air circulation. Since moths are attracted to perfumes and other smells from your garments, make sure everything is washed or, better yet, dry cleaned, at the end of the season.

COME CLEAN

Attend to stains immediately, else they may solidify and damage the fabric completely. Never rub a stain. Blot it with absorbent paper towels with one piece in front and

DEALING WITH THE DRY CLEANER

Always repair small tears before sending your clothes to the cleaners and check pockets for knick-knacks to avoid rips. Make sure you tell the cleaners the origin of your stain as this helps them pick the right cleaning solution. Make sure your dry cleaner uses fresh solvents after each batch. If he doesn't, your clothes are being cleaned in someone else's dirty solvent. Make sure your formal-wear is ironed carefully, especially around the sleeves and collars.

DRESSING ETIQUETTE

Your shirt sleeves should end below the wrist & at the beginning of your palms. The trouser's waistline should be comfortable, with an extra inch for breathability. The length should stretch down to the top quarter part of the shoe.

www.mantri.in

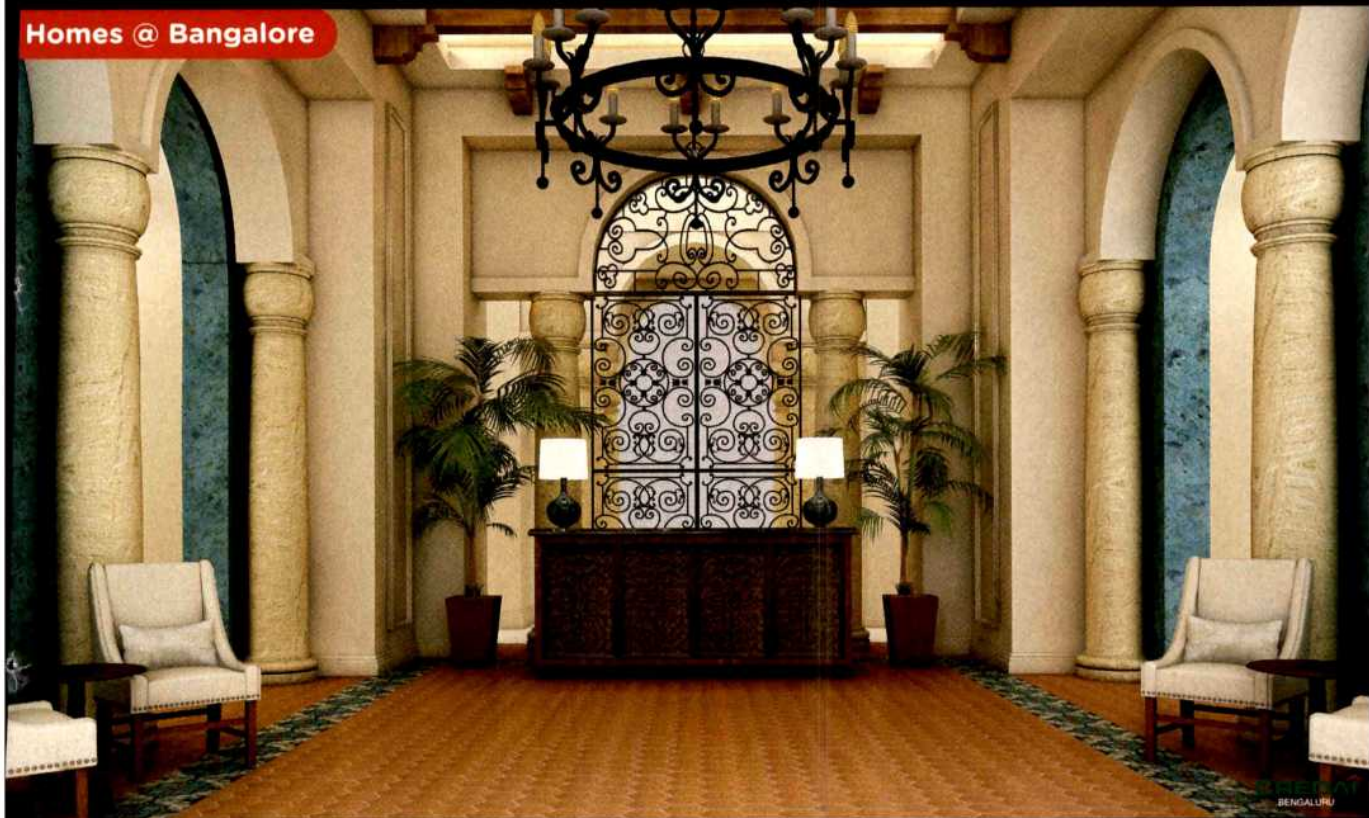


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marble dust coating for a stony feel and are touched-up by German silver foil. I would recommend that one choose showpieces that are set in fall-resistant fibre but have the lustre of polished

My personal collection aside, I would recommend that you gradually start building your own collection of unique home decor items. To begin with, your home should boast a

In areas where humidity levels are high, duck down feather should be avoided. Finally, regular vacuuming, brushing and sponging of your upholstery, rugs and furniture is a must.





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Eat your way through Manhattan

Where to go and what to eat in the Big Apple

Yet again, the city of New York has been crowned a food mecca by the 2013 edition of the Michelin guide. With a total of 66 restaurants winning the coveted Michelin stars, and 61 different cuisines on offer, a trip to the city makes for a delicious culinary adventure.

Living up to its reputation as an unrivaled master of diversity, these starred eateries include some known and some not-so-known names, and cover cuisines ranging from Persian, South African and Peruvian to fusion, gastropub and favourites like Italian and Japanese. Seven restaurants (unchanged from the previous year) were bestowed with the ultimate honour of a three-star rating, and described as 'exceptional cuisine, worth a special jour-



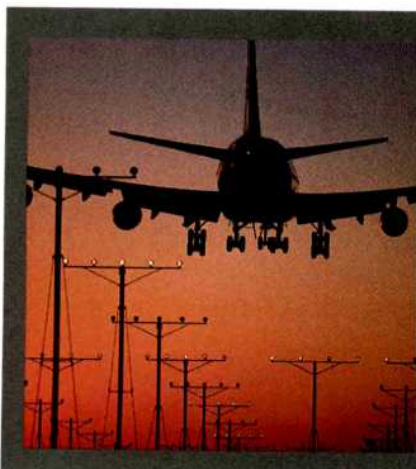
DANIEL BY CHEF DANIEL BOULUD IN THE UPPER EAST SIDE

ney.' One rung below, an additional seven were given two stars for 'excellent cuisine, worth a detour,' of which one is the newly-opened Atera, run by chef Mathew Lightner.

Next in hierarchy, a whopping 52 restaurants were recognised and given single-star rating. Increasing in number from 46 last year, the list included

nine new entries in this year's guide.

Showing a trend in favour of dishes over decor, Nordic cuisine and a continued Japanese influence, French chef Daniel Boulud's restaurant Daniel was amongst those to receive the top honours. Showcasing a unique twist on traditional French techniques, it offers diners a journey in deliciousness.



Happy Flyers

There was a time when booking flights well in advance assured the best price. But with rates sky-rocketing in unpredictable patterns, one no longer knows when to cash in on the lowest fares. Fortunately, the people at Kayak in the US conducted a study with conclusive findings for those who want to strike the best bargain. Apparently, statistics prove that the best time to book a flight is precisely

21 days before the desired departure. International airfare is best booked more in advance, with the lowest rates surfacing 34 days prior to departure. Another tip to keep in mind for trips that last over a week, is to travel on a Tuesday and return the Wednesday after, as the mid-week bookings result in passengers saving about 10 per cent. Continue soaring as the prices soar, just be smart about it.

Antonio Bernini

THE FIGHTER SERIES



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Spring recoiled pushers with aerotype grip • Cotes de Geneve decoration

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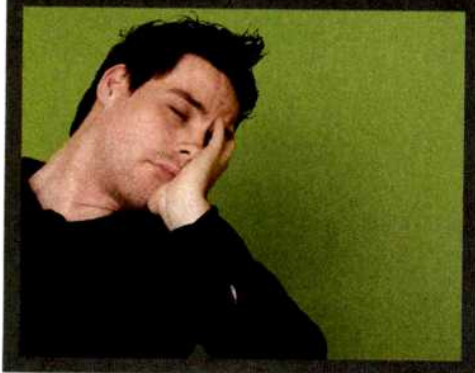
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DEATH BY BOREDOM

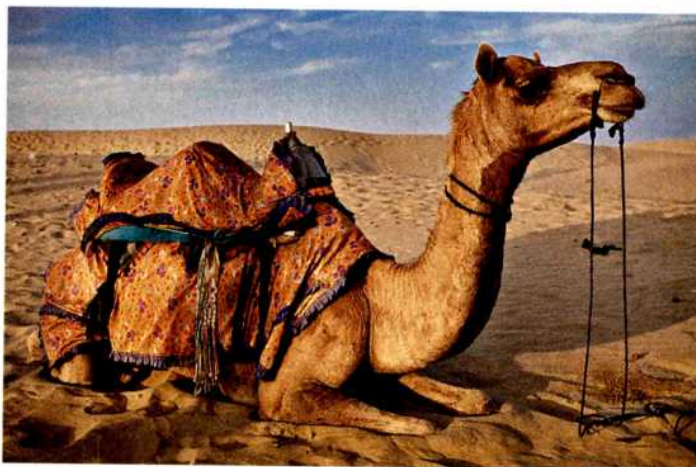
The next time you think you're dying of boredom, you just might be. Although boredom is common, it's no trivial matter, claims psychologist John Eastwood of York University, Toronto. Joint author of a major new paper on the theory of boredom, *The Unengaged Mind*, his research has found boredom to have close associations with increased drug and alcohol abuse, overeating, depression and anxiety, and a high risk of making mistakes. His theory can be countered by others who believe boredom to be just another in the range of harmless human emotions. That said, why take a chance? Just find a way to entertain yourself.



TAJ MAHAL PART TWO

Although the promised replica of the Eiffel Tower in the southern Indian state of Puducherry never materialised, Dubai claims it will replicate the Taj Mahal by 2015. Not only will the imitation take a fraction of the time spent on erecting the original, this Arab version will also be four times the size. The billion-dollar project will take shape in the heart of the 41 million square foot Falcon City of Wonders and will be surrounded by lush green gardens. The Taj Arabia as it will be called, will be a five-star property with 300 rooms, flanked by seven mixed-use buildings of which two will house 200 service apartments. Offering a set-up and space ideal for weddings, it is expected to become the world's grandest wedding venue. So while the original structure might be off-limits, this replica might be the perfect way to commemorate your wedding vows. After all, the Taj Mahal was built by Shahjahan as a testament of eternal love for Mumtaz Mahal.

THINGS TO DO THIS MONTH



PUSHKAR CAMEL FESTIVAL

Held every November around the time of full moon, the Pushkar Camel Fair is one of India's most rewarding travel experiences. A spectacle on an epic scale, this festival draws in 300,000 tourists and 20,000 camels, cattle and horses in a colourful carnival of events between November 18 and 27.

Website PushkarCamelFair.com

LONDON JAZZ FESTIVAL

The London Jazz Festival is the biggest pan-city music festival being held between November 9 and 18. Acclaimed for showcasing a radical mix of talent from around the globe, and widely acknowledged for delivering world-class artists and emerging stars, the Festival takes jazz to a massive audience over nine days.

Website LondonJazzFestival.org.uk



NEW YORK COMEDY FESTIVAL

Get ready to laugh your way through the 5-day-long laughathon that this event promises to be. Put yourself at the mercy of some of the funniest men and women including comedy bigwigs Aziz Ansari and Ricky Gervais and prepare to be entertained. Being held between November 7 and 11.

Website NYComedyFestival.com



ABU DHABI GRAND PRIX

As the roaring engines travel onward from the Buddh Circuit in New Delhi, all the way to Yas Marina in Abu Dhabi, the spectacle continues. For those of you who haven't yet got your fill of adrenaline, just follow the noise to keep abreast of the action. Off track the excitement continues with a stellar line-up of concerts, activities and lots of entertainment.

Website YasMarinaCircuit.com

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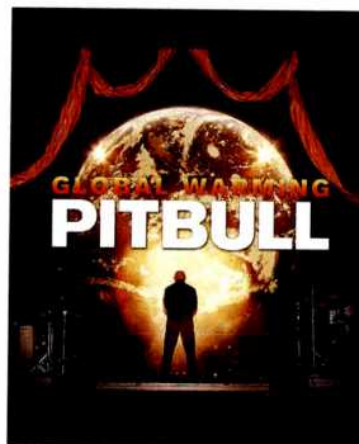
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NEW RELEASES

BOND AT HIS BEST

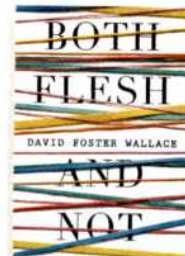
It's time for fans of the 007 franchise to gear up for a whopper release. *Skyfall* is being touted as the most successful James Bond film in the 50-year-long run since the inception of the franchise. Following its preview by the international media, the film has received unanimous praise and is predicted to rake in more than \$1 billion at the box office. Experts have appreciated the stuntman-

ship in the movie, and are of the opinion that they're some of the best ever seen—the dramatic opening sequence itself has been reported as Oscar-worthy. Add to that the winning combination of Daniel Craig and Javier Bardem in good guy-bad guy roles and some stellar direction by Sam Mendes. With a soundtrack by British darling Adele, it seems we're all in for one action-packed treat.



HEAT IT UP

If there's anyone who could put a spin on global warming, it's Cuban-American singer Pitbull. The international superstar's forthcoming album entitled *Global Warming* has been highly anticipated. Recorded from all around the globe, it will make a worldwide release in November. Among other tracks, the album will feature Back In Time from the action comedy *Men In Black 3*, his new single Don't Stop The Party, and the international hit Get It Started with latina goddess Shakira. The follow-up to Pitbull's critically-acclaimed album *Planet Pit*, this socially relevant title ought to get his message across loud and clear. The man has a way of making us listen, and going by his track record, this time ought to be no different.



BOTH FLESH AND NOT

Racking up hype through the internet, David Foster Wallace's upcoming title is a compilation of 15 essays. The collection will include what many consider to be Wallace's masterpiece, and is sure to be a page-turner.

Barbara Kingsolver

Flight Behavior

FLIGHT BEHAVIOR

Barbara Kingsolver's new novel details the awakening of its 29-year-old protagonist, where she abandons her mundane life for a self-destructive affair with an unlikely young man.

BOOK ADAPTATION : LIFE OF PI

It's been seven years since Ang Lee wowed audiences and Oscar bugs alike with his direction on *Brokeback Mountain*. He seemed to have dipped in the years after, but with the impending release of *Life of Pi*, that's all about to change. Based on Yann Martel's decorated 2001 novel of the same name, the film is carried on the shoulders of newcomer Suraj Sharma playing the role of Pi aboard a life boat where he's given company by a handful of wild animals including, a Bengal tiger. All in 3D.



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The auto expert equips you with all the right facts to keep in mind when shopping for a new car



YOGENDRA PRATAP

Editor, Auto Bild India

Premium cars is the domain of the Germans and amongst them it is Audi, BMW and Mercedes that have but closed out this battleground. Others like Porsche, Jaguar and Land Rover are all but fringe players with mainstream manufacturers also trying to move in and make a mark in this exclusive group. Others who have already made a mark in some other fields like motorsport or through some iconic cars which were not necessarily premium, like Mini, are also trying to get a foot in, because not only does this segment rule aspirations but also the bottomline.

Each of the premium brands built their name and heritage through some attributes which have traditionally translated to the entire range. In the case of Mercedes it was always comfort and refinement while BMW took it to the other extreme and stood for the pleasure of driving – epitomising sportiness. Audi tried to bridge the gap by straddling the two extremes and producing cars on embodying the cutting edge of technology. Volvo on the other hand stood aloof and concentrated on safety. However as demands from cars get increasingly similar from different parts of the world, cars are also converging in terms of not only shape and size but also design, technology and ethos.

Mercedes has turned totally sporty with the A-class while the new 5-series from BMW has one of the softest suspensions seen on a BMW in decades. While the current X1 is crisp with a

sporty (read 'requiring huge effort') steering, the new X1 will have a much smoother and softer ride with a steering which is easy to turn even when at a standstill. Volvo still makes the safest of cars but seems to have lost its monopoly on safety.

So how does one choose a premium car if the boundaries between brands is fading, technologies are getting similar and features and the value-for-money proposition seems to be similar?

The golden rule of premium car buying is to buy the latest – for it will incorporate the newest in not only the technology that is available but will also have the wow factor associated with the new offering. And to compete in this closed group the product is usually better than the rest in the market. Gone are the times when one had to wait for the car to be a success on the road before making a buying decision.

Each car model in the premium space has a life cycle of about seven years and is handed a mid-life refurbishment between its third and fourth year. The best is to buy the car at the start of its life cycle and if it is towards its end, then you should be able to get a good deal on the car.

Going by this thumb rule so as far as saloons in this space go – the 3-series from BMW, the E-class from Mercedes and the A8 from Audi. And for the SUVs, the Q3 from Audi, the M-class from Mercedes and the X5 from BMW. The wild card for SUVs would be the Range Rover Evoque which is stylish and feature-packed but you have to shell out a lot for the oomph.



(Clockwise from Top) The Range
Rover coupe; the new BMW 3
Series; interiors of the Audi A8



BT More | ROAD TEST



The Boxster Rebellion

The new Porsche Boxster S retains the classic silhouette but has exciting new technology under the hood

BY YOGENDRA PRATAP



SPECS

ENGINE 3.4 lt Flat-6 (Boxster S)
POWER 311 bhp (Boxster S)
GEARBOX 7-speed PDK (auto) or 6-speed manual
WHEELBASE 2,475 mm
LxWxH 4,380mm x 1,801mm x 1,282mm
TOP SPEED 277 kmph
0-100KMPH 5 seconds
PRICE ₹67.25 lakh (Boxster) and ₹78.7 lakh (Boxster S)

Silence permeates the edges of the Black Forest. The narrow grey road surface reflects whatever little light has crept in from the afternoon sun. I have been waiting patiently for the cars ahead to drive off and give me a clear stretch. I blip the throttle and the forest comes to life as a finely-tuned flat six reverberates through the wooded hills. These are some of the best driving roads in Germany. And I'm about to test them with a true driving icon.

When Porsche launched a mid-engine roadster in 1996, little did it realise the car would be its best-selling model until the Cayenne SUV came along. By then the Boxster — named for its Boxer engine and roadster body style — was into its second generation and had already established itself not just as an entry-level Porsche but as a fun-to-drive, iconic sports car.

Now, Porsches, no matter when they were made, bear an instantly recognisable silhouette. The old Boxster looked great but the update is

more muscular. Even though the back does look Peugeot-ish from some angles, the rear spoiler blending into the LED taillights is a masterstroke. The doors are more sculpted and the air intakes more pronounced. The standard alloys are larger (19 inches on the Boxster S), while the wheelbase is 6 cms longer. That said, it is just 3cm longer overall. That means shorter overhangs for a sportier look. There's more space in the cabin as well.

Thanks to its mid-engine, and a space-saving, fully electrically-operat-



The interiors are well laid out and more spacious than the car's ancestors (above and left); the new taillamp design blends beautifully into the rear spoiler (below)

ed fabric hood, the Boxster comfortably fits 150 litres of cargo under the bonnet and another 130 litres in the boot.

That brings us to the guttural flat six. The S-version gets an extra 0.7 litres of displacement over the standard 2.7 litre engine. The 311 bhp this creates pushes the car to 100 kmph in just five seconds. A lighter body, longer wheelbase, wider track and advanced technology, which includes the Porsche Torque Vectoring (PTV) system and lockable rear differential, combine to give you a truly impressive car.

So what do those specs translate to on the road? I'm about to find out on a 100 kilometre drive through the Black Forest. The car is well balanced—'sweet' is the word—and eager to turn. The new electro-mechanical steering offers plenty of feel and the engine is sublime in both power and sound. While

the Boxster was meant to be an entry-level Porsche, this car can hold its own in any league. The windy roads here proved how agile and responsive it can be. I recommend the paddle shifter on the 7-speed PDK (automatic double clutch gearbox). It's not only quick but even blips the throttle on downshifts.

As I push the Boxster through corners, the G-force meter dances away on the instrument panel; I christen it the Black Forest Waltz. I am completely convinced that this Porsche's steering is perhaps among the best in terms of feel and feedback. The ride, though, leaves much to be desired because the car is set up to go hard, fast and flat.

After an hour of screeching tyres and burning rubber, we hit a straight stretch where I decide to take it easy. As soon as I ease off, I notice the engine rev counter drops to 'idle'. I'm still in seventh gear. This shouldn't be the case. What Porsche has done is something cabbies in India have been doing for ages to save fuel. They 'turn off' the engine while coasting.

In the Porsche, if the driver brakes, the 7-speed PDK gearbox quickly downshifts as engine braking conserves fuel and electricity regenerating techniques kick in. The crucial difference is safety. In an emergency, the Indian cabbie would have no engine power. In the Porsche, you only need to tap the accelerator and the gearbox reengages the engine to match the car's speed.

In the calm of the cabin, I see that the interiors have also been beautifully upgraded. Influenced by both the Panamera and the new 911, they boast a design that adds freshness. It certainly feels more spacious.

Clearly then, the Boxster S retains the best characteristics of its worthy predecessor. But it pushes the envelope in terms of what a two-seat sports car can achieve. It packs in more than enough to appeal to a driving enthusiast. In fact, it raises a very good question: has its arrival signified the birth of another automotive icon from the factory in Stuttgart. ■

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ANDY IS WEARING A VELVET JACKET, SHIRT, SHOES AND POCKET SQUARE BY TOM FORD; TROUSERS BY CANALI.



ANDY IS WEARING A HAT BY PAUL SMITH; SUIT BY CANALI; SHIRT BY HACKETT LONDON; TIE BY CANALI; SHOES BY TOD'S; WATCH BY RADO.





BELOW: ANDY IS WEARING A JACKET BY ETRO; SHIRT BY TED BAKER; TROUSERS BY HACKETT LONDON. **RIGHT:** ANDY IS WEARING A NAWAB JACKET & SHOES BY CANALI; SHIRT & POCKET SQUARE BY PAUL & SHARK; TROUSERS BY TOM FORD.





WORDS & STYLING: HITANI KAUR
PHOTOS: VIKRAM SHARMA
MODEL: ANDY VON EICH
CAR: ROLLS ROYCE PHANTOM SERIES II

HEALTH SNIPPETS



CYBERCUBRA ON WIKIPEDIA

Personal Space

Why do travellers block seats near them with their bags? Understanding this can avoid bad blood on long trips.

How many times have you struggled to find a seat at an airport terminal. Many travellers place bags on seats near them as a subtle sign for others to give them space or so they can avoid being disturbed on a long journey.

But why do they do this? Esther Kim, a researcher at Yale University, identified three reasons for this. She says chief among them is that travellers are often uncertain about strangers' intentions. Also, she found many are aggravated over the lack of privacy while in cramped spaces like an airplane or train. Finally, she identified that sheer exhaustion from being on long trips can force one to create

marked personal boundaries.

There are many subtle behaviours that travellers use to create such personal space. And there are simple ways to frustrate them. Bags can be moved aside quickly, so some go to the extreme of spreading personal items on the seat next to them that will take time to clean up. This would dissuade all but the most determined seat-seeker. Some pretend to sleep while others listen to loud music to drown out requests to move up a bit.

It's generally a good idea to respect a traveller's personal space. You'd often want the same yourself. But if none is available, don't feel shy to ask for the seat and don't grumble if you've been asked to move your bag.

NEW SOURCES FOR STEM CELLS

Stem cell treatments are advancing rapidly and are on the verge of emerging as cures for various cancers, brain and spinal cord damage and other life-threatening diseases. Stem cells are a type of cell that can develop into any other kind of cell. For example, scientists hope to one day engineer 'spare parts' or artificially-developed organs from stem cells. These can range from simple joints to muscles or even complex organs such as kidneys. While most stem cells are today harvested from bone marrow and umbilical cords at birth, new sources are being found. Most recently, body fat extracted by liposuction was also found to contain stem cells.

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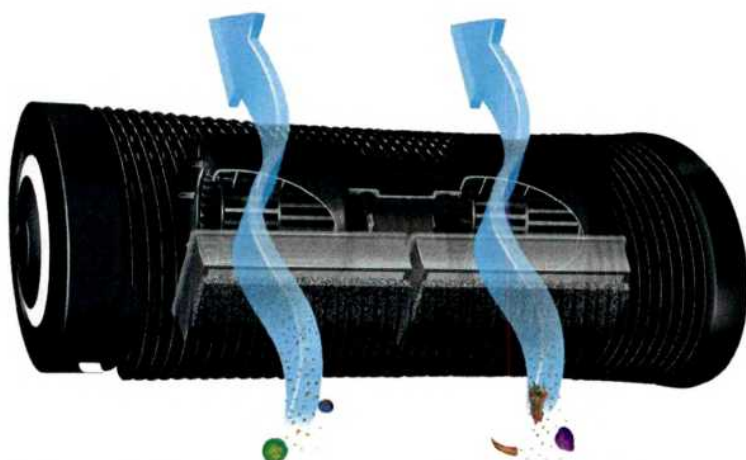


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SICK BUILDING SYNDROME

A colleague walks in sneezing and sniffing. Two days later, you and three others call in sick. You are the victim of a virus, but it may not be only your colleague's fault. The building you work in itself may be an occupational hazard. Especially if, like most older office buildings, it is poorly ventilated. Air conditioners aren't enough to keep out germs and bacteria. In fact, few air conditioners can filter out bacteria effectively from the outside. Worse, most simply recycle air that is already in the room, which means if your colleague brought in a bug it will keep going around the building, helped by air conditioning, until

it dies of 'natural causes'.

Thankfully, a number of companies have figured out this potentially deadly flaw in building design and have begun to manufacture dedicated, portable air purifiers. You can place these near your desk or in your home so that you can be sure the air you breathe is filtered and clean.

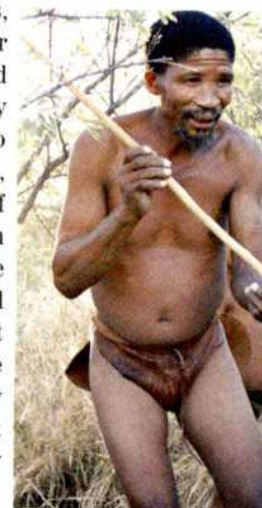
These air purifiers use multiple filters to extract everything from smoke and chemicals to toxins and bacteria from the air around you. Think of them like your water purifiers.

Get one soon if you find yourself often falling victim to airborne diseases and ailments. Your lungs will thank you.

EXERCISE OR DIET: WHAT'S BEST?

Conventional wisdom suggests our obesity epidemic is partly because we gave up our once active hunter-gatherer lifestyles. Researchers decided to test this hypothesis by comparing total energy expenditure of the Hadza tribe from Tanzania with office goers in the US and Europe. Amazingly, they found that people of a similar size and age group spent the same amount of energy whether they worked at a desk or chased down deer for dinner.

How is that possible? The answer is two-fold: your diet and your basal metabolic rates, or your metabolic rate while resting. Hunter gatherers had lower heart and breath rates, which meant fewer calories burned while resting. They also ate no processed foods, which are full of sugar and fats. In other words, the best way to control weight is not just an active lifestyle but also healthy eating. One without the other simply will not work.



MARY (MAYR) ON WIKIPEDIA

Tune Up Your Workout

If you watched the London Olympics, you'd have noticed several athletes listening to music before competing. Researchers say the right music can make you work harder, block tension, reduce perceived effort and improve endurance. Here's how to get the most from your soundtrack.

- Choose tracks that are energising and upbeat. People who exercise to music improve endurance by up to 15

per cent because of the steady beat.

- Try and pick songs that you associate with ideas like endurance and strength. Eye of the Tiger, from the movie Rocky, is a popular at gyms for this reason.

- Finally, don't forget to shuffle your playlist and restock it every now and then so you don't get bored listening to the same songs and diminish the benefit you get from the music.



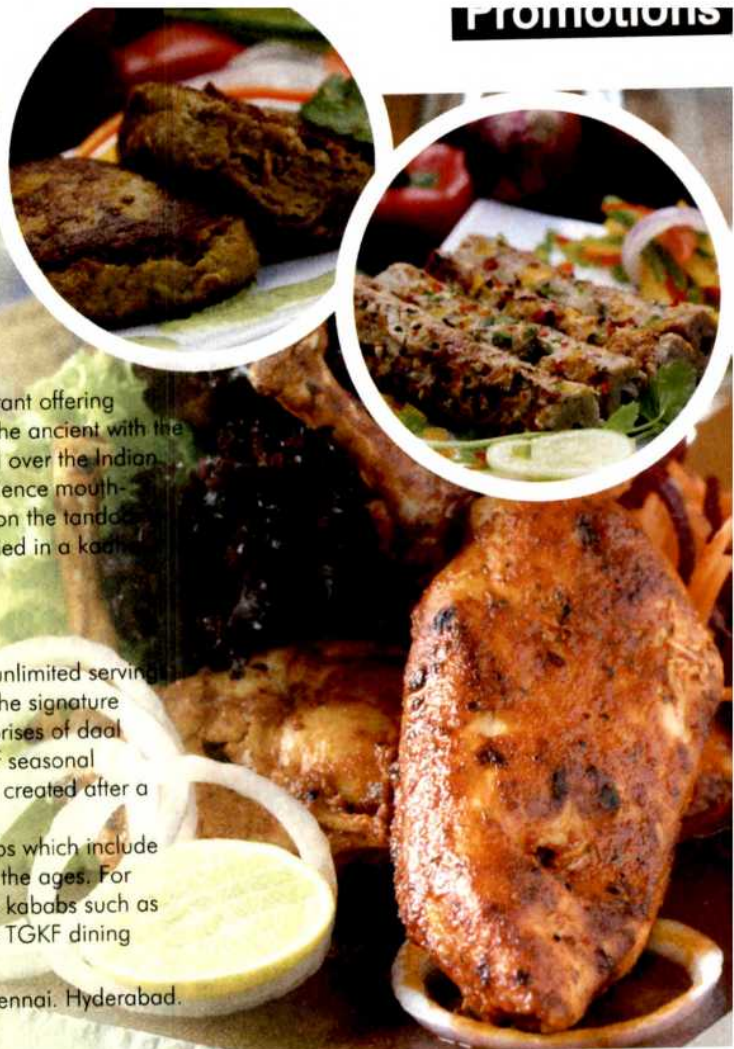
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MENU OFFERINGS:

A different menu is set for each day and guests are served unlimited servings of each dish, either vegetarian or non-vegetarian. Besides the signature kababs such as the Galauti and the Burrah, the meal comprises of daal, factory, biryani, a selection of Indian breads and the best of seasonal vegetables and desserts. Their signature kababs have been created after a decade of extensive research and development. TGKF owns a recipe bank of over 450 kababs which include many closely guarded family recipes passed down through the ages. For the vegetarian clientele, their master chefs have introduced kababs such as tandoori broccoli and subz galouti which are unique to the TGKF dining experience.

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Escape to true romance in New Zealand



Finding magical places to be alone together requires very little effort in New Zealand. Several regions stand apart when you're considering a romantic holiday. Some offer the simplicity of a back-to-nature experience. Others provide sophisticated adventure for two. Get behind the wheel and take amour on the road. New Zealand offers unforgettable adventures of the heart will make you fall in love all over again. From dramatic alpine landscape and quiet pristine beaches to stunning vineyards and candlelit dinners by the lake, you can have it all in a single day. Of course, there are the luxurious lodges and indulgent spas with petals-on-your-pillow treatment.

Surrounded by idyllic islands, Auckland beckons you to kick back and relax. Take a leisurely drive around. Stop for a picnic on an inactive volcano. Share a bottle of champagne on an afternoon cruise on the harbour. Swim with the dolphins. Relax on a beach. Enjoy the view.

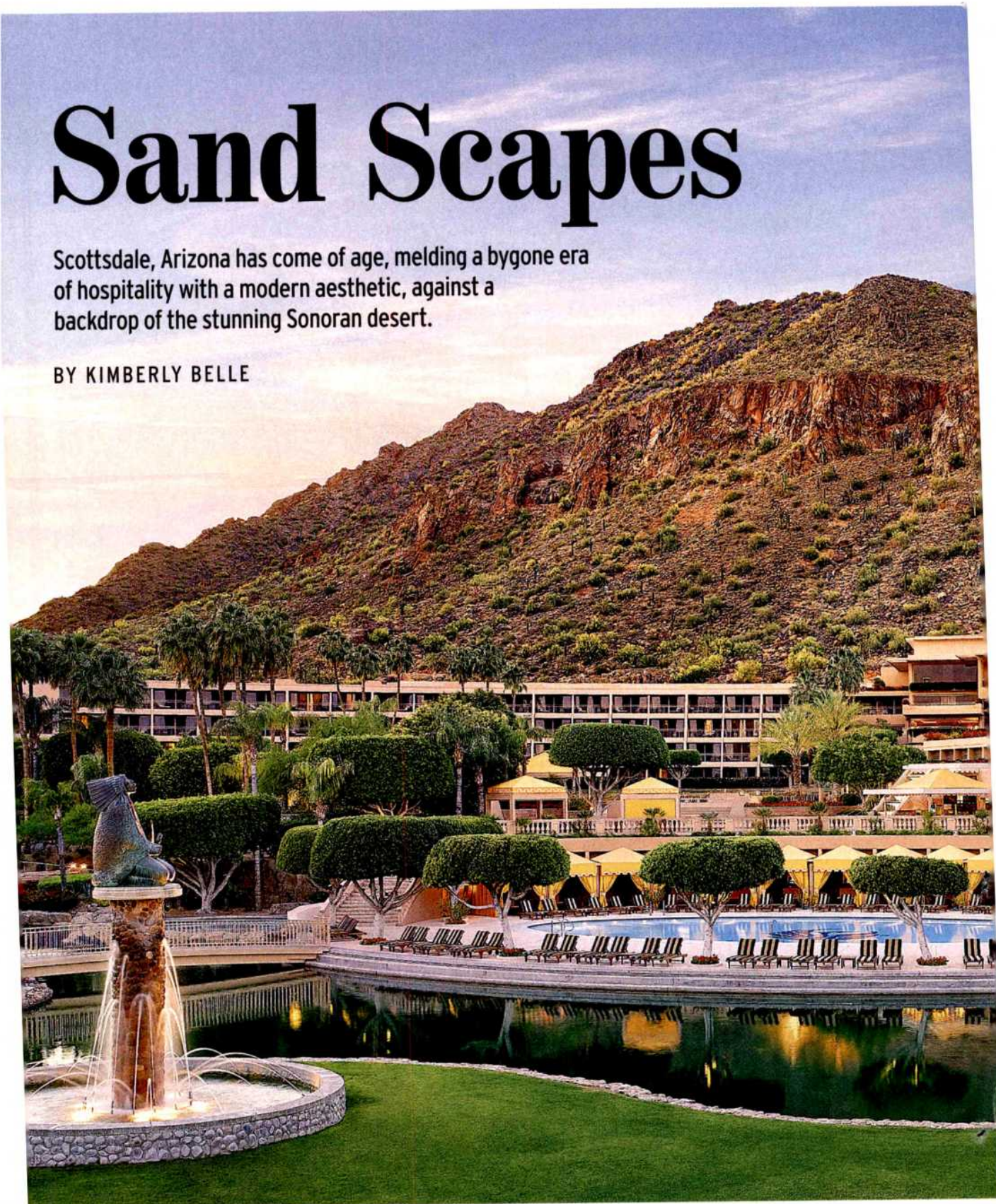
Queenstown will seduce you to take the plunge. Try tandem skydiving or bungie jumping. Take a scenic flight and marvel at the breathtaking view below. Indulge in glorious food and wine. Whether you explore Queenstown on foot, in the air or on water, you'll certainly find magical spots that will leave you breathless.

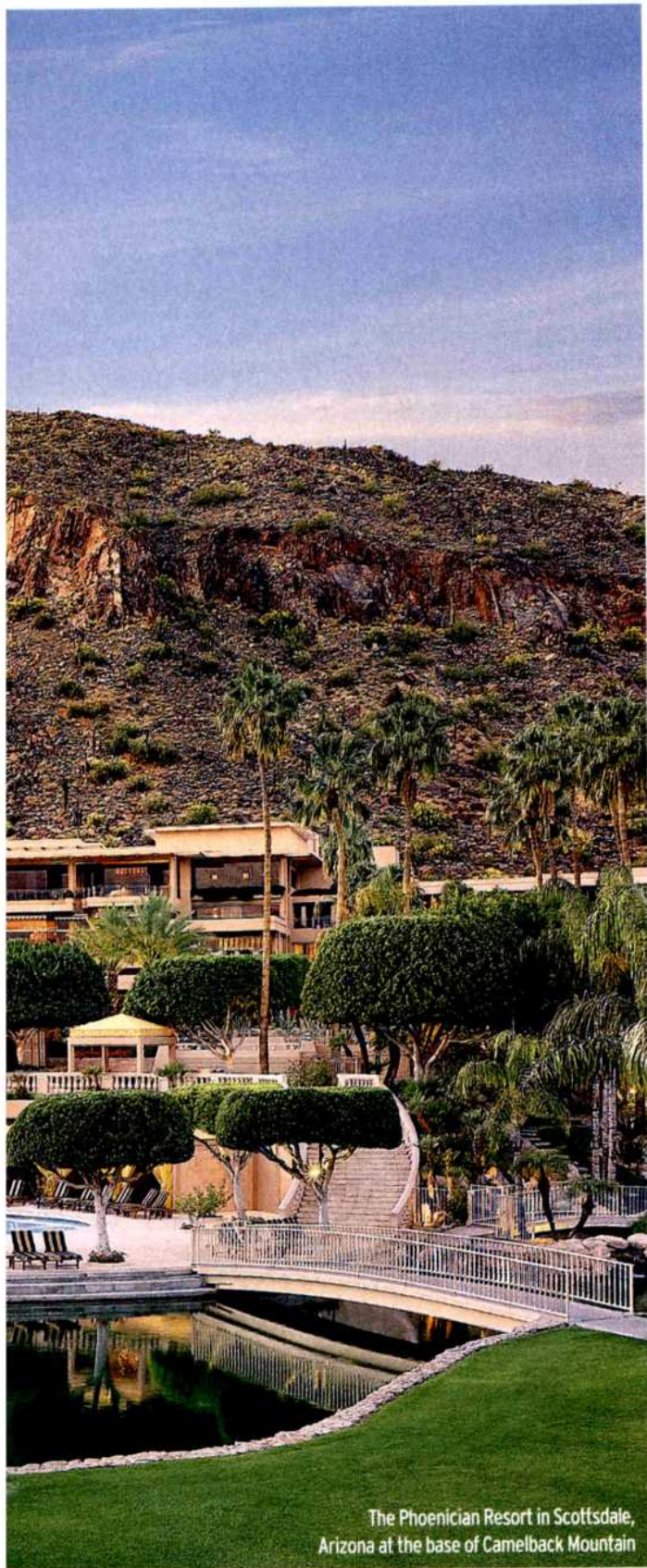
For more romantic holiday options: www.newzealand.com

Sand Scapes

Scottsdale, Arizona has come of age, melding a bygone era of hospitality with a modern aesthetic, against a backdrop of the stunning Sonoran desert.

BY KIMBERLY BELLE





The Phoenician Resort in Scottsdale,
Arizona at the base of Camelback Mountain

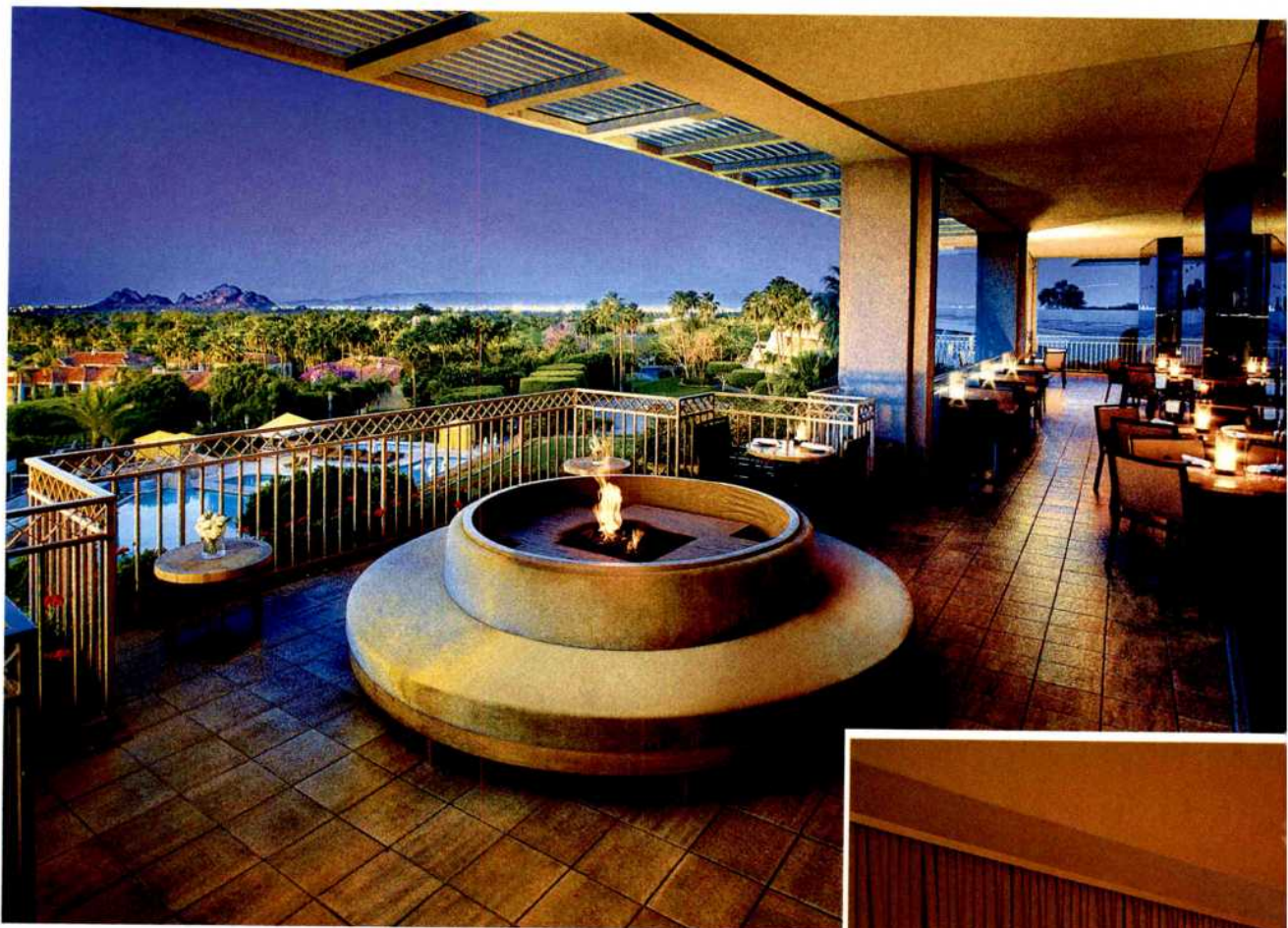
The last time I vacationed in Scottsdale, Arizona I was ten years old. What does a 10-year-old from upstate New York do in the desert over her vacation? My parents might have asked themselves the same thing as we set off. Located in the heart of the Sonoran Desert, Scottsdale may be best known for its weather which has fostered many a retirement community and championship golf course. Yet, neither qualify it as a tween-friendly destination. In 1988, The Phoenician resort had just opened and it promised to be one of the world's best hotels. Unable to resist its allure (or book a babysitter), my parents dragged us along for a week of luxuriant spa treatments, fine-dining excursions and "magical" sunsets. My brother and I would've preferred hot dogs at Disneyland.

Returning home with sunburn, a taste for Southwestern cuisine and a potted cactus, I wasn't especially eager to revisit Scottsdale. But recently, when my father suggested a father-daughter trip to the desert, I acquiesced, if only for old times' sake. In the two decades since, both the city and the ten-year-old had grown up. I would experience Scottsdale from a completely fresh perspective while relishing the serene resort setting. Arizona's sprawling sand-scapes had reconfigured into an urban hub. Scottsdale acquired the polish of a sophisticated lady about town, while retaining the graceful hospitality of a bygone era of the American West.

By day, perennially sunny skies created an ideal backdrop for outdoor adventures, competitive sports, poolside lounging and upscale shopping. By night, acclaimed restaurants, local galleries and dozens of wine bars, cocktail dens and performing arts venues awaited our discovery.

Lodging in Scottsdale ranges from plush resort accommodations that specialise in pampering, to smaller, boutique hotels and luxury inns that offer unique experiences distinguished by the exceptional customer service for which this city is now renowned. Located on 250 cactus-studded acres, The Phoenician still lives up to its reputation as an oasis of glamour and grace surrounded by the natural beauty of the stunning Arizona desert.

Nestled in the foothills of Camelback Mountain, the resort reserves 60 exclusive Canyon Suites with access to a private lobby, sparkling infinity pool and the resort's full range of amenities, which include ten award winning restaurants and lounges, a winding 27-hole desert golf course, a world-class tennis complex, cactus gardens, bike trails, a 22,000 square-foot fitness spa and beauty salon, high tea service, retail boutiques, a multi-million dollar in-house art collec-



A fire pit overlooking Arizona's stunning outdoors at The Phoenician Resort (above); The minimalist, relaxing suites that have become a trademark of the W hotel brand (right)

tion, a waterslide and no less than nine swimming pools.

A short walk from the hotel, visitors can climb up iconic Camelback Mountain. Named for its camel-like humps and well-known locally for its steep, well-marked trails, this urban hiking destination boasts dramatic metropolitan views from the summit. Pack a picnic lunch for a well-earned treat at the top, as this two-to-three mile trek is a sharp, steady climb with occasional rock scrambling required. For a more immersive desert experience just 30 miles from The Phoenician, a visit to McDowell Mountain Regional Park offers over 50 miles of multi-use trails and panoramic observation points.

Tucked inside the lower Verde

River basin, this 21,099-acre park is a rustic treasure in the northeast valley. Elevations rise to 3,000 feet along the western boundary and promise encounters with native deer, javelina, birds and coyotes. The best time of year to hike these mountains might be Spring, when desert cactuses are in full bloom with a rainbow of neon-coloured blossoms that explode against the red desert sand.

After a day of outdoor escapades, exploring Scottsdale's fine-dining scene seems a fitting finish. The first stop is undoubtedly Binkley's Restaurant; one of the more exalted culinary havens in Arizona, Binkley's lies right outside the city centre and serves contemporary American cuisine in a deconstructed, playful style.



Chef Kevin Binkley has earned a reputation for sourcing the world's premium ingredients and transforming them into surprising creations. Sample his crispy seared foie gras with vanilla French toast, blackberry, banana chutney, spiced macadamia nuts and passion fruit maple syrup.

FnB restaurant offers a less lofty, yet equally delicious menu with a bent toward locally grown farm-to-table fare. Last year, Chef Charleen Badman's comfort-food caught the attention of Food & Wine magazine, which named her braised leek gratin topped with mozzarella cheese, mustardy breadcrumbs and a fried egg, one of the Ten Best Restaurant Dishes in the United States. At FnB's, even the grapes are local; their wine program features an all-Arizona list

of lesser known, award-winning bottles from up-and-coming vineyards like Keeling-Schaefer, some 200 miles south of Scottsdale.

For a true taste of the American Southwest, a meal at Lon's is a must. Replete with sophisticated style and gracious hospitality, Lon's at The Hermosa Inn is Arizona's only remaining authentic hacienda. Its elegant adobe-style dining room opens onto an enchanting courtyard under the stars. On my last visit, I was greeted with wafts of smoked chipotle roasting over pecan wood flames. The restaurant is as well known for its wood-fired steaks, as the attached hotel is for its historic design and private casita hideaways.

Nightlife in the desert takes on several shades of intrigue. Beyond its

swanky, jewel-hued guest rooms, sexy Sushi Roku restaurant, and the hipper-than-thou Bliss spa, the trendy W Hotel in Scottsdale stakes its claim as a scene-and-be-seen pleasure palace.

Shade Lounge, an open-air patio perch with all the trappings of a VIP bottle service venue, spins Euro beats

MCDOWELL REGIONAL PARK OFFERS 50 MILES OF MULTI-USE TRAILS AND OBSERVATION POINTS

and offers perhaps the hottest club experience in the city, if being scrutinized for access by bouncers in black suits is what you're into.

For a mellow nightcap, Kazimierz world wine bar mixes speakeasy-chic, craft-cocktails with glob-al small plates and over 2,000 bottles of wine. Offering live entertainment and candlelit ambience, this veiled gem of a wine bar hides a clandestine, off-street entrance making it a shared secret among "in the know" locals who fast become regulars.

The accessible excursions in and around Scottsdale make the city a launch pad for all sorts of adventures. For quiet conversation over a perfectly brewed coffee, visit Cartel Coffee Lab, or enjoy a Japanese teahouse lunch at Nobuo at Teeter House.

For a day-long shopping spree shielded from the sun, splurge on designer retail therapy at the Scottsdale Fashion Mall. Follow the scenic forest roads north toward Jerome, to visit America's largest ghost town and explore the artisan communities that line the S-curved roads emptying out onto the red rock cliffs of Sedona.

Turns out, my father was right all along. At sunset, this is a magic kingdom. Disney may have a strong hold on every child's imagination, but Scottsdale is the perfect playground for kids of all ages. ■

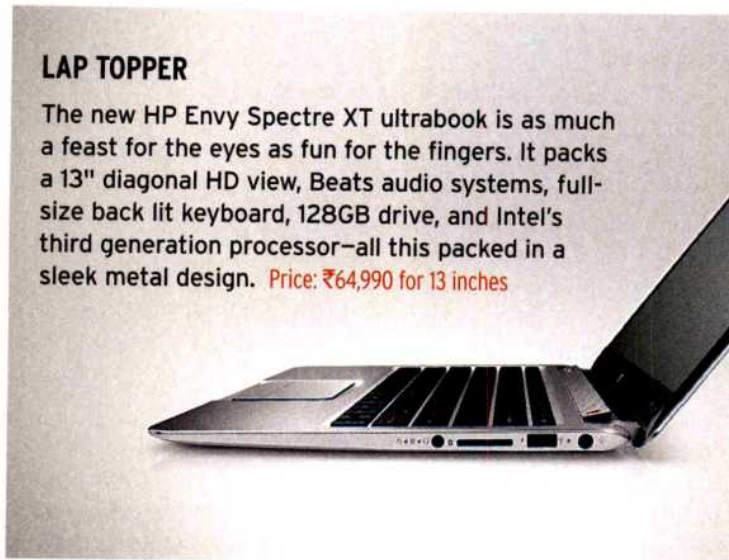


BT More

TRACK & WIELD

LAP TOPPER

The new HP Envy Spectre XT ultrabook is as much a feast for the eyes as fun for the fingers. It packs a 13" diagonal HD view, Beats audio systems, full-size back lit keyboard, 128GB drive, and Intel's third generation processor—all this packed in a sleek metal design. Price: ₹64,990 for 13 inches



THE WRITE STUFF

Montblanc pays homage to the legendary writer Jonathan Swift with a pen dedicated to his life and work. The design draws inspiration from *Gulliver's Travels*, particularly the Lilliput episode. Price on request



ROYAL TAG

Upgrade your on-the-go essentials with this luggage tag from Gucci. The tan and brown tag pays homage to the marquee's equestrian heritage.

Price on request

EYE ON DETAILS

Sony's new home theatre projector, the VPL-BW120S, brings a movie theatre experience to your living room with its large viewing area of 100 inches from just 1.34 metres away, high brightness output, 1280X800 native resolution and high contrast ratio of 4000:1.

Price: ₹88,000



TIME TO TELL

A perennial bestseller since 2003, the Victorinox Swiss Army Night Vision, has been subtly redesigned along classic Swiss lines to respect traditional codes. Energy-saving LED technology provides dial illumination, flash-light and emergency strobe function, all seamlessly incorporated into a 42mm stainless steel case. Price: ₹7,995



NOTE TO SELF

The recently launched Samsung Galaxy Note II comes with a 5.5-inch HD Super AMOLED display, 1.6 GHz quad-core Exynos processor and runs on Android 4.1 (Jelly Bean). It has an 8MP auto focus camera with LED flash at the back and a 1.9MP front-facing camera. It's stylus S Pen comes with specific apps such as S Note, S Planner, Email with hand-writing integration and S Pen Keeper that alerts users if their pen is too far away from the Note II. Price: ₹39,990

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Price: \$179 (₹9,469)



VIRTUAL REALITY

Sony's Super Slim PlayStation 3 is a powerful 1080p Blu-ray capable HD gaming machine that is 25 per cent tinier while maintaining the same features as its predecessors. The gaming library features streaming services, including Netflix, Amazon, Vudu, and NFL Sunday Ticket.

Price: ₹16,299



UPGRADE



VINO THERAPY

Miele's wine storage conditioning units ensure your wine is stored in the ideal conditions, allowing it to mature and bringing it to the perfect temperature. The precise and constant temperature control, air quality and humidity, vibration free and UV protection doors ensure that your much-cherished vintage contains its characters and flavours for long.

Price: From upwards of ₹2.5 lakh

Godrej Properties launches GODREJ GOLD COUNTY in Bengaluru

The Mumbai-based real estate developer launches
a luxury villa project at Tumkur Road, Bengaluru

Godrej Properties Ltd. (GPL) (BSE scrip id: GODREJPRP), the real estate development arm of the Godrej Group, today announced the launch of its residential villa project, Godrej Gold County, at Tumkur Road, Bengaluru. Spread over approximately 12 acres, this project will comprise of 87 villas built over a total saleable area of 2.8 lac sq. ft. Customers can choose from 4 types of contemporarily designed villas ranging in size from 3,303 sq. ft. to 4,113 sq. ft., at prices starting from Rs. 2 crores.

The Tumkur Road location offers excellent connectivity with its close proximity to Nelamangala-Bangalore Expressway. Furthermore, Hesarghatta Cross metro station is located near the project and will offer excellent connectivity to all parts of the city. The project offers a variety of amenities including a modern clubhouse, a well-equipped gymnasium, a swimming pool, a health club and a cafeteria. Sports facilities include a tennis court, an indoor squash court, a table tennis and snooker room. A meeting room and a party hall are also provided in the project. Most importantly, almost 1.5 acres of the project will be dedicated to a well manicured central park, which will greatly enhance the quality of life at Godrej Gold County.

Godrej Gold County is designed on the principles of sustainability. The project will use eco-friendly materials and will integrate environment-sensitive passive architectural solutions to minimize the carbon emission associated with the development. Features like an electric car charging facility with every villa, rainwater harvesting, solar heating, low VOC paints, large glazed windows for natural light and enhanced ventilation and water efficient fixtures will be incorporated in the project design.

As is the case for almost all Godrej Properties' projects, Godrej Gold County is a joint development project, which Godrej Properties is developing in partnership with Fardeen Khan and Laila Khan.

Mr. Pirojsha Godrej, Managing Director & CEO, Godrej Properties said, "We are very happy to launch Godrej Gold County in Bengaluru. The project will offer a world class lifestyle to its residents and will adhere to the highest standards of quality in all aspects. This is our fourth project in Bengaluru, which is a very important market for Godrej Properties."



VICTORINOX SPECTRA COLLECTION



Victorinox launches the Spectra collection this year following the legacy of functionality, utility, innovation and iconic design that every Victorinox Knife offers. **The durability and maneuverability** of this upright make it the perfect piece to bring on a longer trip. The **lightweight** durability and zero weight-in-hand maneuverability of the Spectra™ Collection would appeal to both business and leisure travelers for it would take care of comfort and ease of the travelers. With **360 degree maneuverability**, it would ensure minimal strain on the arms and easy dragging of the luggage.

The hardside case and iconic design guarantees **quality** from a legendary brand. The material used in the making of the hardside case—Pure Bayer Polycarbonate retrieves back to its original shape if compressed or suppressed, which makes the luggage more durable, robust and sturdy.

With Swiss Tracker bag Tracking Program, one can reunite with their forgotten or lost bag anywhere in the world for free of cost. The consumer only needs to register online and then it's the company's responsibility to take care of the luggage. **Colors available: Black, White, Red and Blue**

PRODUCT FEATURE

- Comfort grip, one-touch, dual-trolley aluminum handle system
- 8-wheel construction adds stability, providing 360° maneuverability and producing zero weight-in-hand when rolling upright
- Zippered mesh divider wall stretches for easy packing
- Y-shaped compression straps cover a greater surface area to keep folded items secure
- Top haul handle for easy carrying
- Integrated Travel Sentry® Approved lock allows airport security screeners to open the lock without destroying it, and relock it after inspection
- Swiss Tracker™ Bag Tracking Program will reunite you with your bag anywhere in the world should it ever be lost - for free
- Removable ID tag for security and convenience
- Covered by the Travel Gear Lifetime Warranty

It's All In The Name

Brand Rolex opens its doors to reveal a universe of utmost precision, tasteful aesthetics and futuristic technology. *BT More* gets schooled in the science of watchmaking.

BY HITANI KAUR

I emerged from a sanitised germ-free enclosure clad head to toe in white overalls and cap, as I precariously made my way through rows of employees doubled over their stations in complete concentration. Flooded with natural light that made its way in through large windows, the watchmaking process being carried out within these walls at the Rolex headquarters in Geneva was nothing short of rocket science for a novice like myself.

There's a reason why the name Rolex elicits acknowledgement from even the most brand-ignorant people who are uneasy with terms like complications, chronograph, moon phase and more so with weighty brands that espouse them. I must admit, in my three days of touring the Rolex centres in Switzerland, and despite my affinity for brands that spell understated, elegant luxury, the complicated mechanical process of creating a

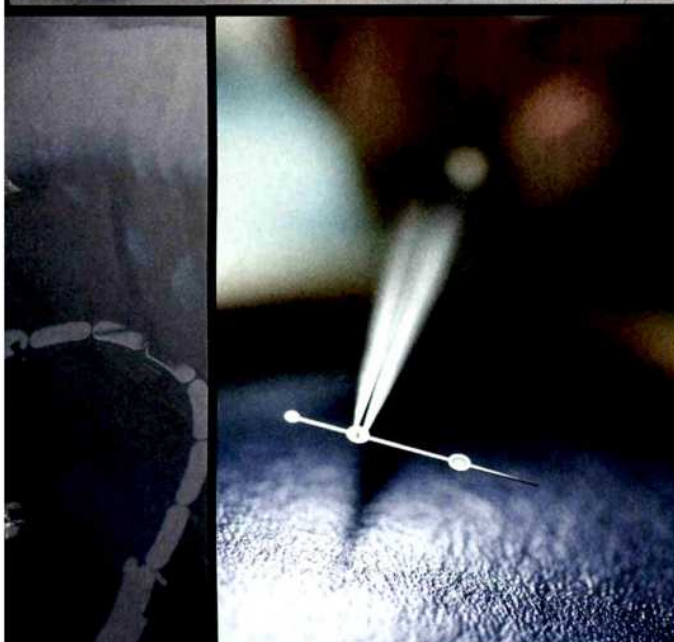
Rolex exposed all the chinks in my brand armour.

The brand works by dividing specific functions between four sites across Switzerland that make up design, manufacture, assembly and the testing of each timepiece that bears the signature crown. From development to post-sale servicing, several reliability tests, metal forming, alloy quality control, stamping, dial construction, gem-setting, assembly, control and other nuanced processes are continuously at work.

Timekeeping is an exact art and science today and every watch brand with loft has a historic legacy to match. In a space where there is no room for goods, only greifs, Rolex occupies central space. In Indian society, there's a certain sentiment attached to the brand. A Rolex on your wrist signifies the attainment of success, a sign that you have finally arrived, and rightly so. At a watch fair an old gentleman was trying to place Rolex in the watch heirarchy and made a telling statement on the brand's perception in India. He said, "Rolex is like Mercedes. It's been around forever and is the preferred choice of those who have both money and taste and want something reliable." While maintaining its age-old identity, Rolex wants to stay relevant and be seen as a brand that is keeping up with the times.



An integration of hand-work and automated technology
employed in producing a Rolex watch.





The infrastructure installed within the gleaming glass facade of the units in Switzerland is uber sophisticated. Equipped with an entirely automated transfer system—a result of in-house engineering—it functions faultlessly as a maze for transporting segments

material used in the assembly. Using powerful equipment such as a scanning electron microscope, they keep a constant tab on the quality of alloys created. Even the slightest imperfection is resolved by the collective genius of their team.

While the process has evolved from being the domain of a single craftsman to the collaboration of skilled specialists, the sheer volume of timepieces being created, hasn't compromised on quality.

In the 1920s, when pocket watch

'Gear up' for Diwali

Top tech tips to declutter your life, one gadget and social network at a time.



LARS BOILESEN
CEO of Opera Software

Before every Diwali, Indian homes get into a flurry of activity to prepare for the big festival. Many homes buy new gadgets and appliances while others look at the event as an opportunity to renew the old with a thorough spring cleaning. In this digital world, our gadgets and cyber activities are responsible for most of the clutter in our lives. Lars Boilesen, the CEO of Opera Software gives us a few useful tips to get the tech side of your life in order this Diwali.

1. Beat the tangled mess. If you have a charging or data cable for a phone, computer or even camera that you owned four years ago and no longer use, you should definitely get rid of it. All new devices come with their own cables, making old ones redundant.
2. Get rid of unwanted mail. Go to the last page of your inbox and start with your oldest messages. These are usually outdated or not relevant any longer. If you absolutely must keep them, archive them to your PC so they're within reach but out of sight.
3. Find a browser that works best for you. Different browsers have different benefits. Choose an efficient one that will save time and money with features such as Opera Turbo mode, synchronised bookmarks and Speed Dial shortcuts to your favourite sites.
4. Back up your data. Ensure that all important documents and files are backed up and stored somewhere safe, either on a separate external hard drive or on inexpensive thumbdrives.
5. Cull your "friends" on social media. From those 10,000+ people on your friends list, there are many whose updates don't interest you. Some may even bore you! Give them the Diwali-cleaning flick.
6. Clear old bookmarks in your browser. They may have been useful at one time, but now you should purge the ones you don't need any longer.
7. Clean up your temp files. It might also be a good time to clear out all the stuff your browser stores in its cache.
8. Run a 'full' or 'thorough' virus and malware scan. Prevent dubious sites and links from infecting your device. Before running the scan, make sure the virus definitions are up to date.
9. Organise your hard drive content. Keep your folders organised and delete any files you no longer need.
10. Physically clean your gadgets. Pick up the right tools and get them to look as good as new this Diwali. ■

BT More

GOURMET CENTRAL



The interiors of Prego are cheerful, and a wood-fired oven occupies centrestage

A Taste of Italy

Italian food almost always gets an Indian makeover. Prego at The Westin, Gurgaon remains true to its roots. **PRACHI BHUCHAR**

It is tucked away in a recess at The Westin, Gurgaon, and you could easily miss it. While Gurgaon has a number of Italian options there is always room for a new outlet, especially if it boasts of an 'authentic' Italian connect in the form of an expat chef. Chef Davide Concas' specialty lies in making authentic handmade thin crust pizzas and delicious al dente pastas. Prego's interiors are not fancy; one entire wall is glass and that allows streaming sunshine in both summer and winter. A couple of casual wicker chairs and tables make up the outside area. In true Italian style, a wood fire pizza oven occupies a central space in the restaurant and the pizza section is the most detailed on the menu as well. The

pizza diavolo is a delight; classic Italian flavours and a beautiful thin crust. The goat cheese adds a hint of earthiness to the dish. The vegetarian pizza options are a bit boring so vegetarians would instead do well to try the pasta. Depending on how hungry you are, you can choose between a small or large portion and also pick your preferred shape and size. The alla Napoletana has fried zucchini, capers, mozzarella and mint and is quite an inventive dish. Another favourite was the gamberoni (king prawn, chilli, parsley and arugula) with clean flavours and taste of the sea. The arugula adds an extra flush of freshness that is welcome. While waiting for your mains you could also order the antipasti platter which is a classic

assortment of cured meats and cheese but its contents look like they have tumbled off retail shelves in a supermarket and there is nothing original or exciting about the platter. Speaking of mains, the seafood ravioli with bisque sauce was a disappointment. While I could not fault the ravioli, the seafood was too fishy and I could not go through the entire dish. My dinner companion ordered the lamb chops with saffron risotto which was a delight. I ended the meal with a tiramisu tradizionale which was creamy but not fantastic. I would return to Prego for the pizzas and some starters since the meal is priced competitively but get the chef to help you choose your mains to ensure the meal is perfect.

BT MORE RECOMMENDS

- 🍷 Braised lamb shanks
- 🍷 Deep fried squid with tartare sauce

Meal for two: ₹3,000 plus taxes without alcohol; ☎ (0124)-4977777

The Eating Budhha

B-Bar gets comfortable in the capital city and plates up thoughtful and sophisticated Japanese cuisine. **BY HITANI KAUR**

The Buddha Bar franchise has finally come to Delhi, and though the establishment might be a let-down for those comparing it to its international versions, it successfully champions the cause of Japanese cuisine in the capital.

B-Bar as it is called, didn't make the best first impression. In a city where location is more important than a name, the restaurant has found space in a busy mall. An exclusive lift on the ground floor might have salvaged the situation, were it not for the fact that it is shared by patrons heading to the gym, so you find yourself riding the elevator alongside sweaty fitness freaks. Moving on, the interiors do a good job of making up for the approach. A lifesize

Buddha statue shares centrestage with a circular bar while the dining area surrounds. Swatches of red, gold and black catch and hold your gaze while the dim lighting keeps it from becoming oppressive. The gold-leaf upholstery, tasselled chandeliers and wood mesh sliding doors all lend to the theme, and set the tone for an Asian-state-of-mind.

The menu offers superb seafood and meats, and vegetarians too have options aplenty. After settling on a bottle of Bordeaux, we started with a mix of small-portion starters. The lobster dumplings were delectable—moist, well seasoned and served in a delicious spicy-cream sauce. The new-style sashimi platter and California roll were a big hit too. The sashimi was skillfully



cut and seasoned beautifully while the California rolls were a mouthful of soft, yummy flavours that blended and melted on the tongue. The maki roll was nothing to write home about, and the pork gyoza was dominated by a tandoori flavour where the meat was lost in entirety. The fried calamari too, was disappointing. Coated in a tasteless batter and dripping with oil, you should definitely avoid ordering it.

After a much-needed break, main course came in the form of roast black cod with misoyaki and ginger lamb chops. Both dishes deserve full marks. The cod was expertly cooked and served in a clear sweet-sour sauce which teased the tastebuds. The lamb was the best I've ever eaten. Slightly charred on the outside and soft within, each bite was a delicious surprise. As far as desserts go, I'd say don't bother. Save your appetite and calories for the food, they're worth every inch and kilo on the scale.

BT MORE RECOMMENDS

- 🍤 Lobster Dumplings
 - 🍖 Roast black cod with misoyaki
- Meal for two (with alcohol) ₹8,000 including taxes; for reservations**
 ☎ (011) 46098989



The bold, Asian-inspired decor at B-Bar creates a heady illusion of grandeur and class.

BT More MY STUFF



ALEX HUANG

Managing Director, Asus India

MIND SPACE

Books The ancient Chinese military treatise *Art of War* by Sun Tsu **World News** CNN

Music I beat stress by tuning into pop and house music

Movies Christopher Nolan's *The Dark Knight*

HOME IMPROVEMENT

Drives Porsche Panamera 4S **Entertainment System** Movies on a Sony LED TV and music on a Bang & Olufsen **In My Den** Works of Salvadore Dali



VANITY FAIR

Fragrance Abercrombie & Fitch **Shoes** Gucci to work and Converse to the golf course **Shirt** Paul Smith

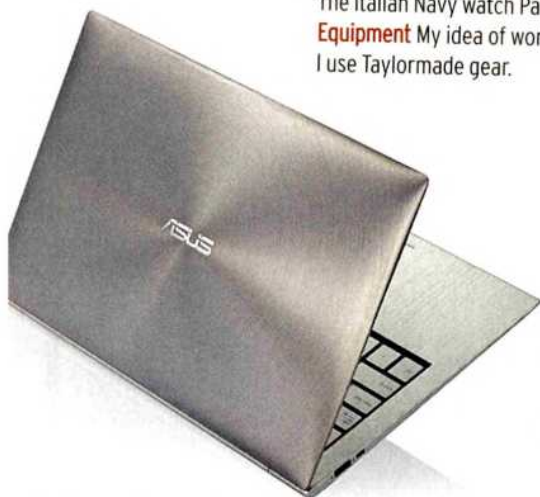
T-Shirt Dolce and Gabbana **Suit** Giorgio Armani

MY FAVOURITE THINGS

Laptop I carry my Asus UX in a Louis Vuitton bag **Timepiece**

The Italian Navy watch Panerai **Handheld** PadFone **Exercise**

Equipment My idea of working out is playing golf, for which I use Taylormade gear.



IN GOOD TASTE

Spirit Italian red wine Barolo **Beverage** Mojito **Restaurant** L'atelier de Joel Robuchon in London

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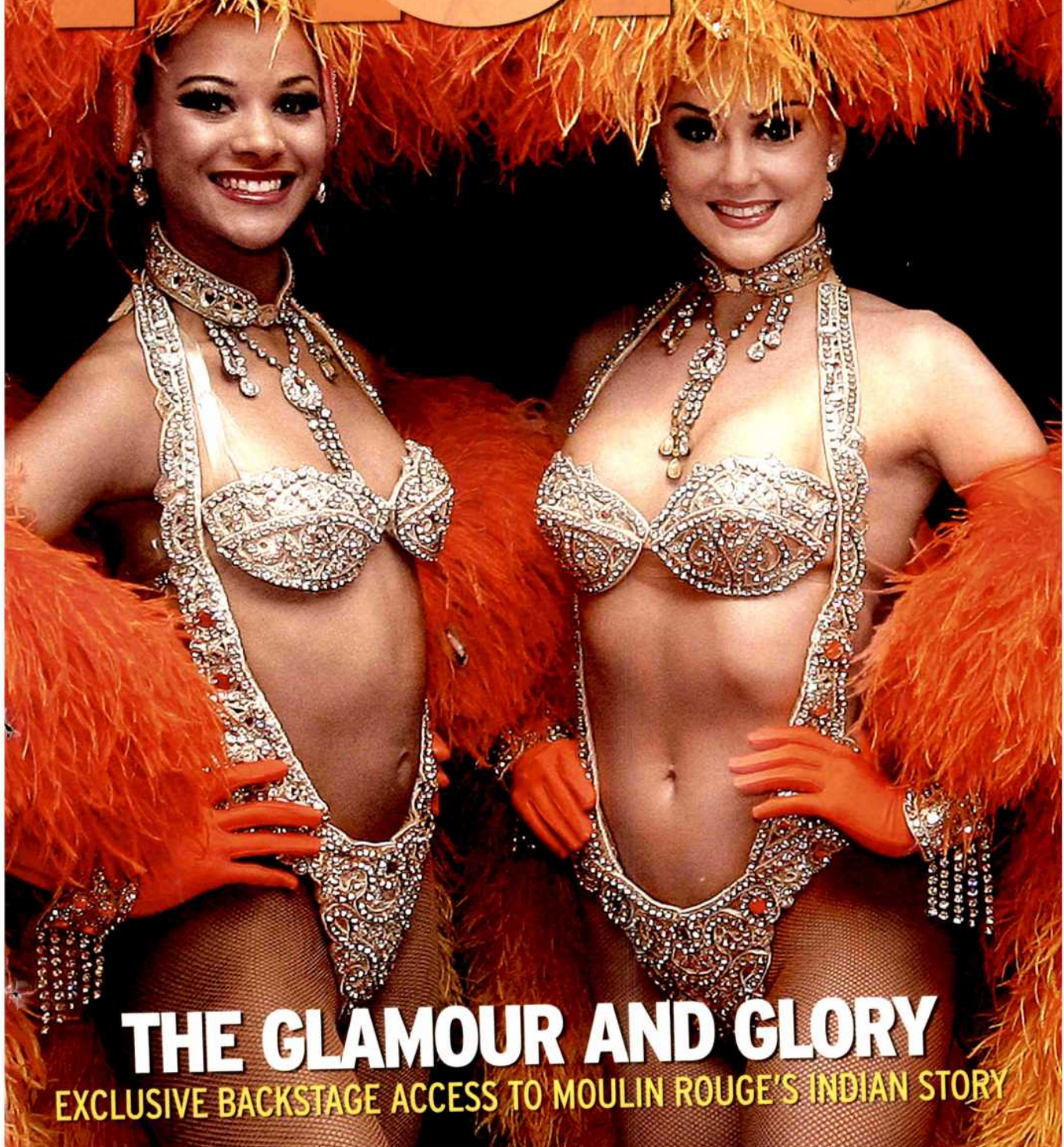
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FOOD & NIGHTLIFE SPECIAL



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Accessories by Carla Biaggio



Cornice



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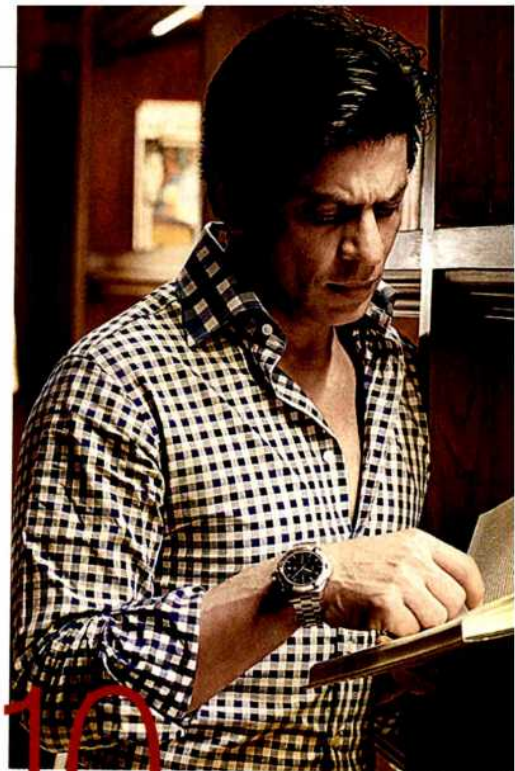
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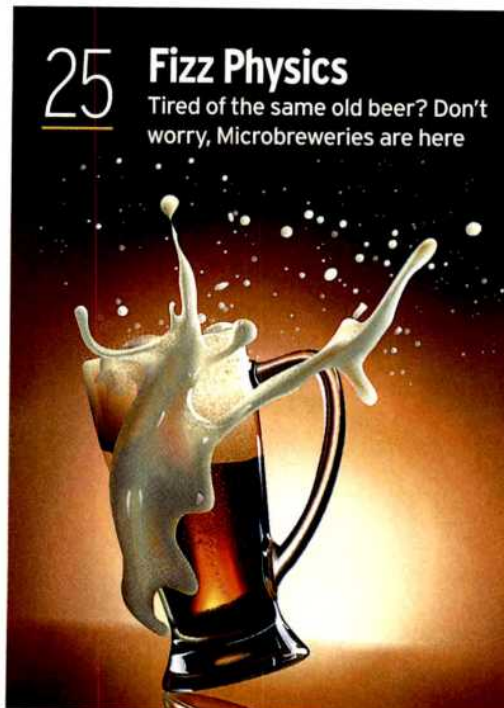
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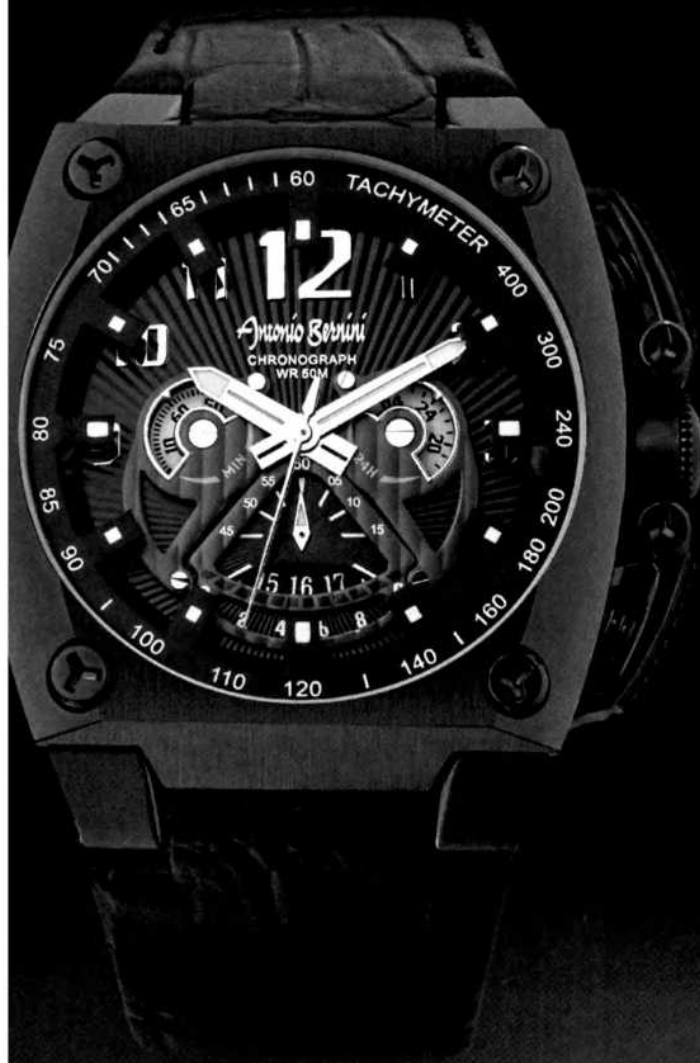
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Let There be Light

Suchitra Krishnamoorthy, former actress and singer, tells you why candle light is good for you

WE ARE WHAT WE BREATHE

The air we breathe is pivotal to our health. We get a stuffy nose or a headache in highly polluted or smoggy conditions. These put pressure on our lungs and lead to breathing disorders such as asthma or even lung cancer. While a morning walk allows you to get fresh air, an essential-oil infused candle can also work wonders. The concept of holistic health is based on healing the mind and body by engaging the senses, which is what candles do.

A MEDICAL SCIENCE

Aroma means fragrance and therapy signifies treatment. This is a form of medicine that uses plant materials,

known as essential oils, and other natural aromatic compounds for the purpose of altering a person's mind, mood, cognitive function or health. The sensory preceptors in your brain, which get signals from the millions of olfactory cells in your nose, go to work when you breathe in scented air. Tiny cilia fibres on each cell have receptors that have different shapes to fit different scent molecules that hit them. These nerve cells then send a message to your brain where the limbic system, which is synced with your emotions, is stimulated. Since many of our common conditions and bad moods can be traced to an imbalance of emotions, aromatherapy is very effective for

soothing conditions such as headaches, insomnia, cold-and-flu and anxiety.

SENSE THE RIGHT SCENT

Those working or studying late can benefit from lemongrass, rosemary, pine or orange. These energise the mind and help you channelise your thoughts. Insomniacs can benefit from the earthy but mildly spicy aroma of valerian, a hardy perennial flowering plant, which is known for its tranquillising effect. The cooling eucalyptus, lavender or tea tree have anti-bacterial and anti-viral properties that soothe swollen mucous membranes and stuffy noses or lungs.

THE METHOD

Aromatherapy candles need to be burnt for about two to three hours for the therapeutic effect of the oils to kick in.

The writer is the founder of The Candlelight Company

Visit: TheCandlelightCompany.com

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The Decision is Yours

Dun & Bradstreet is a leading source of global business information, which helps companies take decisions with confidence. Kaushal Sampat, President and CEO, gives you quick tips on decision making.

Define the Outcomes

Laying out various outcomes based on different decisions and then ranking them helps you to take an informed call about your preferred decision in crunch time.

Filter your Parameters

These days we are faced with the data paradox. Too much data or information results in confusion and slow decision making. Make sure you filter the data that you gather very tightly based on a few,

very specific decision parameters.

Make the Call

With power comes responsibility. If the decision rights are yours, listen to the subject matter experts, but then make the call yourself. Instinct builds confidence.

Walk the Talk

Your credibility is judged by whether you abide by your decisions. Back your calls even if you find the going tough.

Hindsight is always 20:20

Decisions can, and in many cases, will backfire. Sometimes it's not the decision per se, but the economic circumstances that don't pan out right. Identify where the fault lies and work on the weaknesses.

READY TO COOK ON A LAVA ROCK?

Vinod Aggarwal of Sunshine Stoves is returning to the classic tradition of using lava rocks in stoves.

WHAT IS IT?

Instead of charcoal, the gas flame heats lava rocks. Grease and fat that drip from the food onto the rocks turns into smoke, giving the food a distinctive smoked or chargrilled aroma.

WHY IS IT GOOD?

Lava rock is lighter and more porous than most types of rocks. This means it heats up quickly and creates an even distributor of heat. It is great for slow-cooked foods like stews, roasts or barbecues. Unlike a charcoal grill, where live coals hold their heat for long, lava rocks heated by a gas flame can be tamed at any point, retaining the unique flavours of each dish.



LET'S GET TO KNOW SIMONE DE BEAUVOIR

Author of *Second Sex* (1949) and *Memoirs of a Dutiful Daughter* (1958), the French philosopher pioneered the first wave of feminism.

For 51 years, the conversations between Simone and Jean Paul Sartre created books like *She Came to Stay* (1943) where she fictionalised Sartre's liaisons with his students; and *The Mandarins* (1954) which follows from the personal lives of their intimate circle.

In 1971, she signed the famous 'Manifesto of the 343'. This was a group of women who claimed to have had an abortion, which was illegal at the time in France.

She describes her relationship with Sartre as an experiment in loving of which "existentialism" was the child. Buried next to each other in Paris, Sartre and Beauvoir never married, but left a legacy of 'open' love affairs, a radical departure from conformity.

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IN YOUR SHOES

Harkirat Singh, MD, Woodland, talks about the qualities that make a good adventure shoe.

Skiing

Effective cross-country skiing requires the boot to flex forward to allow a striding action. The boots should be designed around a sole piece that allows forward flexing while still keeping the ankle from moving sideways. The upper portion, the cuff, is soft and designed for comfort and warmth.

Mountain Biking

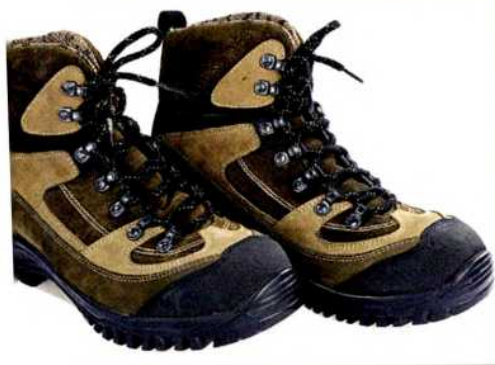
A fairly stiff sole for efficient pedalling, but one with enough flex and a rubber-lug outsole to allow good traction for walking on slick or rugged rails.

Water Sports

It should contain drain holes and a porous fabric that allows quick release of water. The fabric should also be quick drying. This eases the transition from water to land by giving traction on slippery surfaces. It should have 360 degree ventilation for maximum breathability, and a thick sole to make sure you're protected when you step on sharp rocks that lurk along the bottom.

Sky Diving

Sneakers or similar soft-soled shoes work best. They must fit tightly to stay on while you're freefalling at 120 mph. Shoes or boots with hooks risk snagging during your exit or fall.



A RUM DO

Mount Gay rum, often referred to as the 'rum that invented rum', was created in Barbados in 1703. With Christmas around the corner, the company shares its top rum dessert recipes.

RUM BANANA FLAMBÉ

Ingredients 1 cup flour, 1 tbsp sugar, ¼ tsp salt, 1½ cups milk, 1 tbsp Mount Gay Eclipse rum, 3 to 4 beaten eggs

Sauce 2/3 cup orange juice, 1 tsp lime juice, 1 tsp grated orange zest, 2 – 3 bananas sliced, ¼ cup sugar, ¼ cup of butter, 1/3 cup of Mount Gay Eclipse rum

Procedure Mix the dry ingredients. Then add cream, milk, Mount Gay Eclipse rum and eggs. Beat until smooth. Let it stand for 30 minutes. Melt a little butter in a pan. To make crepes, spread a tablespoon of batter thinly onto the pan, cook till light brown then flip and cook the other side. You can store left over batter in a fridge. For the sauce, boil the juices and zest until thick (about 5 to 8 min-

utes). Add bananas, sugar and butter. Pour Mount Gay Eclipse rum last and set alight before pouring onto the crepes. Enjoy hot.

SIN CHOCOLATE COFFEE CAKE

Ingredients 6 oz of chopped chocolate, 6 tbsp of butter, 3 tbsp brewed coffee, 2 tbsp Mount Gay Eclipse rum, ½ cup ground almonds, ½ cup sugar, 4 eggs separated, shaved chocolate

Procedure Pre-heat oven to 150 degrees celsius. To melt chocolate, place it in a bowl that's resting on a pan of simmering water. Once melted, add butter, coffee and Mount Gay Eclipse Rum. Remove from heat and stir in almonds, sugar and yolks, one at a time. Whip egg whites until peaks form and fold in slowly to chocolate base. Pour mix into a greased pan and bake for 40-45 mins. Let it cool completely. Whip heavy cream with a tbsp of sugar and three tbsp Mount Gay Eclipse rum until stiff and serve as side topping. Garnish with shaved chocolate and serve.



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COLLECTOR'S OUT



SHAH RUKH KHAN
Actor

Man of Steel

'I wear my stardom like a t-shirt and not a tuxedo', says SRK who describes his watch collection as casual and classy. Take a cue.

In my teenage years, I remember the hero wearing TAG watches in James Hadley Chase novels. Even though I couldn't pronounce it, it was one of the few things I wanted to own. Then, in the 90s, I bought a TAG Heuer Link model while on a shoot in New York. It gave me sense of pride because I earned it, and even got a discount because the salesman was Indian. TAG has always made me look classy. It's important to choose watches that add on to one's grit, grace and sense of style.

I am a sportsman at heart, so aside

from appreciating the technical brilliance that goes into making luxury Swiss watches, I enjoy timepieces that are sporty in their design and features and can still be worn casually. Gold is a little too snazzy for me; silver looks classy and cool, and suits my simple watch wearing tastes better.

An all-time favourite is the Tiger Woods Link limited edition, with an elegant Lincoln S-shaped metal bracelet. Intriguingly, this is supposed to be worn on the wrong hand. Speaking of sports, the Formula 1-inspired watches are also novel creations. The race is a great thing to have happened to our country and watches like the Carrera India Racing, with green and saffron motifs

on its dial, puts us on the map.

Another favourite is the Carrera 16 Day Date Chronograph, which has an open flange design with tasteful red accents. If you have a metal band with it, you can wear it both with suits or t-shirt and jeans. In fact, you don't need two watches; the trick is to find that one watch that works everywhere. The square shaped Monaco 69 is also a keeper; it has a dual digital/analogue interface that's eye-catching. Finally, once you've achieved everything in life, get the Monaco V4 chronograph. It runs on the transmission of a fan-belt and is considered one of the most important watch inventions of the 21st century.

As told to R Pallari



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Homes @ Bangalore



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Through the Google Glass

Slip on Google's radical new glasses and bring your world to life

Every year, *TIME* magazine compiles a list of the boldest and coolest inventions to impact the world. From priceless but low-price-tag innovations to others that cost millions, this power-packed group captures inventions that are gamechangers. Google Glass, Google's augmented reality eyewear project has won a worthy spot this year. By 2014, this device promises to make augmented reality part of our daily lives.

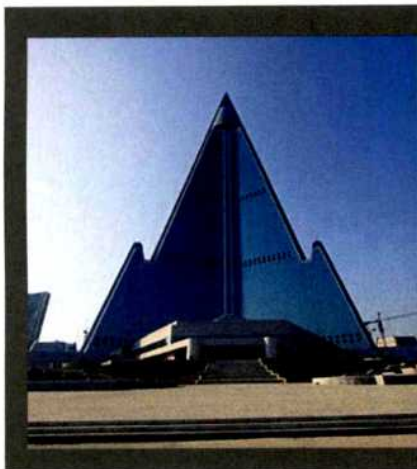
The tech giant's headset has already been released to developers and will be in the market for general sale by 2014, priced at \$1,500 (£80,000). The device incorporates a speaker, microphone, computer display and forward-facing camera, and enables users to video chat, surf the internet, take



photographs, check email, and make and receive phone calls through voice and gesture commands.

Simply put, Google Glass integrates a computer into the frame of a pair of spectacles. Wherever the wearer looks, information specific to his field of vision will be presented in a non-intrusive manner on the lens.

This includes historical anecdotes about landmarks, the quickest route to the nearest subway station, or reviews of restaurants lining that street. You can even video-chat or share data with friends and family while on the go. These ordinary-looking glasses are going to change the way you view the world. All you need to do is put them on.



North Korea's Tallest Hotel

In the heart of North Korea's capital Pyongyang, a 105-storey pyramid-shaped 'hotel' has stood half-built for decades. Government planners had hoped the enormous Ryugyong Hotel would symbolise a resurgent North. Instead its incomplete execution came to signify the serious problems plaguing the country. However, come August 2013 the hotel will get a new lease of life when it finally opens to the public

as a multipurpose complex. It will offer 150 rooms on its top floors, a lobby, restaurants and a shopping centre below, and office space in between. Cairo-based Orascom Telecom has invested \$180 million to complete the building's exterior, and is currently working on the interior. Upon completion, the Kempinski group has been contracted to manage what will be the tallest hotel in North Korea.

I'M JULIAN ASSANGE

There are countless ways of drumming up support for the cause you stand by and designer Vivienne Westwood is asking you to wear yours. In a campaign to support professional whistleblower and WikiLeaks founder, Julian Assange, the acclaimed designer has created a unisex t-shirt which features her face and the words 'I'm Julian Assange' printed on it. Each t-shirt has been priced at £40 and all profits will go towards Assange's website. Assange himself has been fighting a legal battle for over a year, to avoid deportation to Sweden, where he faces questioning over two alleged rapes. Ecuador granted him asylum at its London consulate in August, but Britain has refused him safe passage out of the country, leaving Assange holed up at the embassy as the two countries continue to clash. Westwood, who is a supporter of Assange, visited him at the embassy recently, dressed in her signature a show of support.



THE CITY OF NIZAMS

Now that the hype surrounding London 2012 has waned, 2013 shines the light on a number of cities that promise to stand out in the coming year. Amongst winners, the City of Nizams, Hyderabad, has made it to Lonely Planet's Top 10 Cities for 2013. Taken from the Best in Travel 2013 guide, San Francisco took the top spot, with Amsterdam coming in at second position, and Hyderabad in third place. Derry and Beijing were elected third and fourth respectively. While San Francisco topped the list for its cultural mix, Hyderabad was recognized for giving travellers value for money and presenting them with a novel experience.

THINGS TO DO THIS MONTH



FOUR TET CONCERT

Four Tet's Meredith Music Festival in Sydney will be held for one night on December 8th at The Metro Theatre. Accompanying him are Stones Throw's Jonti, who returns home for his first show after touring the US, and local acts Albatross, whose new sound compliments Four Tet's hypnotic rhythm perfectly.

Website MetroTheatre.com

SUNBURN FESTIVAL

An electronic dance music festival held annually at Candolim Beach in Goa, Sunburn is an amalgamation of music, entertainment, food and shopping. It was ranked by CNN Travel as the ninth best festival in the world. Although this year saw it trying to establish itself in New Delhi as well, the Goa edition remains unparalleled in popularity. Held from December 27 to 29.

Website Sunburn.in



UPPER CRUST FOOD AND WINE SHOW

India's finest and most respected food and wine exhibition, the 10th edition of the Upper Crust Food and Wine Show will serve up delectable offerings for food lovers between December 14 and 16 at the World Trade Centre in Mumbai. Attend for in-depth discussions on the art of eating, drinking and cooking.

Website TheUpperCrustShow.com



ART ASIA

The fifth edition of the international Asian contemporary art fair will return to Miami with new and exceptional artwork by Asian artists from around the globe. The fair will be held between December 5 and 9. For the first time in its history, Art Asia will introduce a section dedicated to contemporary art from South Asia.

Website ArtAsiaFair.com

NEW RELEASES

BROADWAY GOES TO HOLLYWOOD

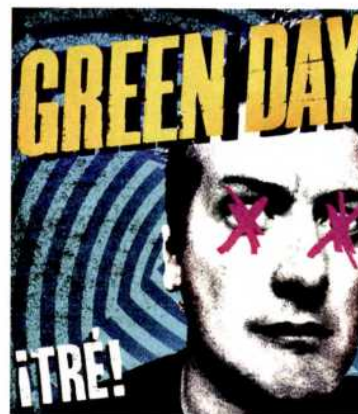
Adapting Broadway for the big screen is a tricky task, and one that's been attempted countless times. From *The Phantom of The Opera*, to *Chicago*, *Hairspray* and *Grease*; there've been some hits and an equal number of misses. Come Christmas, Director Tom Hooper (*The King's Speech*) has taken on the daunting task of directing the screen adaptation of the hit stage musical, *Les*

Misérables. He has roped in its original producer, Cameron Mackintosh to produce the film, and appointed a stellar cast to match. Starring Russell Crowe, Anne Hathaway, Hugh Jackman, Helena Bonham Carter and Amanda Seyfried, the characters have been assigned to worthy hands. Slated for a Christmas release, here's hoping that this one does justice to its musical counterpart.



MIDNIGHT'S CHILDREN

After winning the Booker prize and then the Booker of Bookers, it was only a matter of time before someone snapped up film rights to Salman Rushdie's highly appreciated novel, *Midnight's Children*. It comes as no surprise that this monumental task has been taken on by Deepa Mehta who has pulled off the impossible by successfully translating the book on celluloid. The adaptation follows the narrative of the original novel and has Shabana Azmi and Rajat Kapoor as star cast.



THRICE THE FUN

Some artists would be content with an annual single release, but not Green Day. The band is working on a triple album aptly titled *Uno! Dos! Tre!* The first one, *Uno!* released in September while *Dos!* had a November launch. *Tre!* (named for the band's drummer Tré Cool, rather than the Spanish 'tres' for three) will release by year end. This trilogy is all about the party that never stops but seems to shine brighter than their last releases. The band's older song style of thrashy, dirty punk is the essence of the sound in this album as well. However, this one seems to have a richer grip to it. Fans of the band will certainly have their expectations met. After all, this exciting new release will pack in three times the madness and thrice the fun as well.



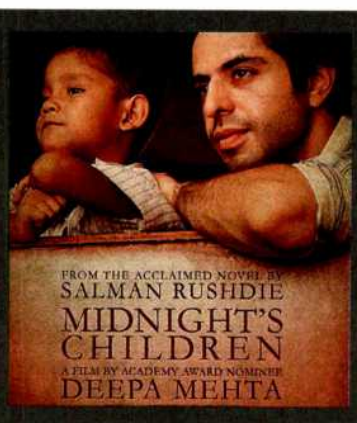
ME AND THE DEVIL

New York Times' bestselling author Nick Tosches is all ready with his latest novel. The book tells a gripping and intense tale about a man who is haunted by demons, and finds salvation in the most unlikely of places.



RIGHT PLACE RIGHT TIME

Olly Murs' previous album *In Case You Didn't Know* was a brilliant pop record. His upcoming album *Right Place Right Time* features a collaboration with rapper Flo Rida and is already making huge waves.



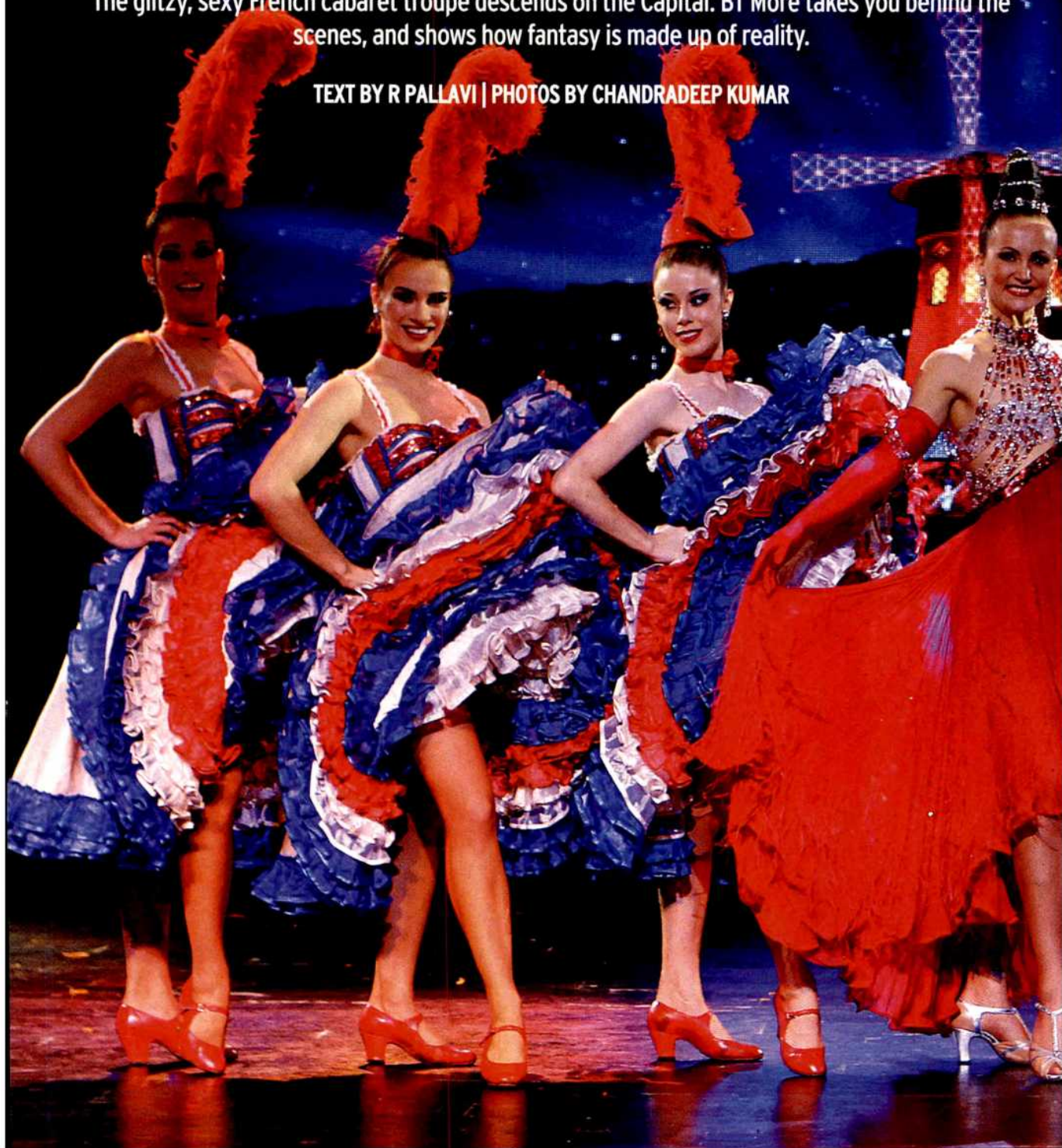


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JUST ANOTHER DAY AT *THE MOULIN ROUGE*

The glitzy, sexy French cabaret troupe descends on the Capital. BT More takes you behind the scenes, and shows how fantasy is made up of reality.

TEXT BY R PALLAVI | PHOTOS BY CHANDRADEEP KUMAR



The stage lights up as ten tall, slinky women in sequinned, barely-there dresses strut out to a catchy French pop song. Their high-kicks, giant yellow feathered boas and headgear and thousand-watt smiles leave us in no doubt.

We're about to experience one of France's best-known shows, Moulin Rouge; not in Paris, but live on stage at the Pullman Gurgaon Central Park.

Over the next half hour, we're entertained with high-energy shimmying, acrobatics and the dance

troupe's trademark routine – the can-can, complete with flowing, frilly-skirts and shouts of "Allez!". Then, just as we're getting into the act, it's over. In Paris, Moulin Rouge's current show, *Feerie*, runs for nearly two hours, as it takes you from a garden





WITH LIMITED RESOURCES AND CRAMMED SCHEDULES, TOURS PUT THE PRESSURE OF CREATING THE SHOW'S MAGIC

to a pirate ship and, finally, a circus with clowns and acrobats. The performance here is a mere teaser.

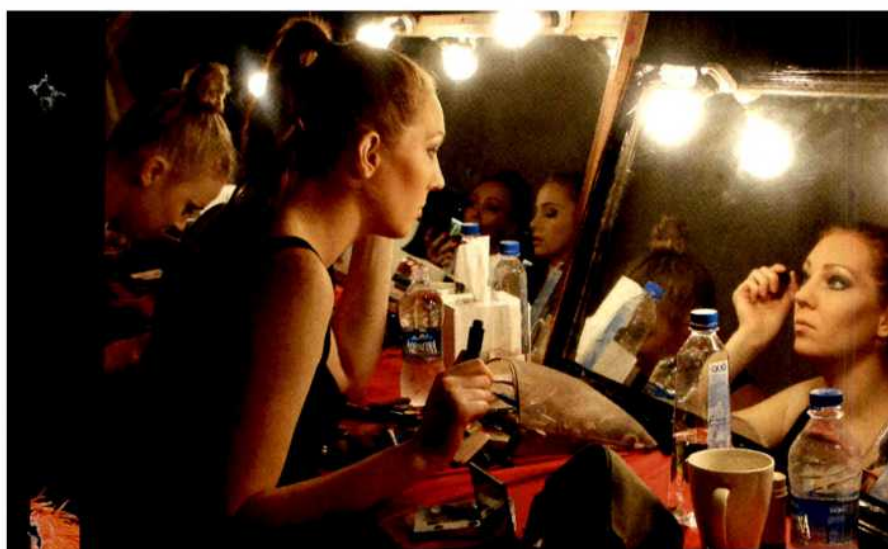
With minutes to go before she appears on stage, Katie Hayward, a 25-year-old with the troupe, is busy fixing her sparkly neck piece before a mirror. I ask her if she's nervous; it's her first tour since she started with

the troupe a year ago. "Slightly," she mumbles. There's a slight indifference to her tone, perhaps an attempt to guard her whimsical inner world. So, we try the definitive ice-breaker: small talk. After a few questions about her life, food and the other girls, she drops her guard. "An adrenaline rush runs through my veins whenever I am on stage," she sighs. "More than the costumes and the thought of missing steps, I worry about the audience's reaction, because that's what we're working so hard for."

Each girl has a different way of preparing for the night. Some huddle up to share gossip and laughs, others meditate. In Paris, 150 people

including dressers, makeup artists, musicians and lightmen are part of the Moulin Rouge entourage. It is patterned chaos. On the road though, they travel light. Only 17 have made it to India.

"We're like one big family; we help each other in getting the steps right and watch each other's back on stage," Katie says. "Unless we work in harmony, the chemistry and magic won't work," she adds, almost in an attempt to reassure herself. Then you begin to look past her makeup, the giant feathered head gear and her super skimpy, jewel-studded bikini and wonder what it takes to stay grounded amidst this fantasy world.



Clockwise from Left: The troupe poses backstage after getting into gear; the girls do their own make up while on tour; picking out costumes in between acts; performing the Moulin Rouge's most famous act, the can-can



On a typical night in Paris, the Moulin Rouge is besieged by an audience of 900 from around the world. Between sips of pink champagne, in their silk bodice gowns and velvet lapels matched to pocket squares, Paris' high-brow crowd seeks 19th-century French grandeur; a magical *savoir faire* that even 123 years after it first began continues to excite and inspire crowds looking for some real, or unreal entertainment.

For the girls, the spotlight is a hard beast to tame. But 29-year-old Natalie Sims seems to have done this well. She is the troupe's female solo star. Her journey from Britain, where she was raised, to Paris, began at the age of 10, when she saw a poster of the renowned Can-can dancer nicknamed 'La Gouloue' in her mother's bedroom. "I worked for years to get accepted at the Moulin Rouge, but the challenge began once I did", she says, reflecting on how life changed in a land where she didn't speak the language. "I spent hours perfecting my hard-kicks, cart-wheels, spinning and had to pick up the flair and poise a showgirl within weeks of getting there", she adds.

Nora Mogalle, 29, agrees with her. "Since the spotlight is always in your face, there's no passive moment at all. But the effort pays off when the audience cheers you on and sings to your tunes".

There's also the pressure of maintaining that stereotypical body type. The dancers are only allowed a couple of kilos either way on the scale. But, it isn't just about the look. The troupe takes pride in their appearance. "It's our machine. Like sports people, we eat for nutrition and energy," says 26-year-old Australian dancer Shane Collard, the only man from the troupe making an appearance. "We're healthy on the inside, and the outside." The girls nod in agreement.

Shane is one of 15 male performers who dance alongside Moulin Rouge's 70 'Doriss girls'. Each one of them are carefully selected to



Two of the troupe's Doriss Girls examine their costume and makeup in a mirror before heading out on stage

dards for sexy. While the girls average 1.75 metres, the lads must all be taller than 1.85 metres. Their sweaty, chiseled faces and lean, muscular legs may well have been the prototype for Barbie's Ken. Shane knows he's a man in a woman's world but finds the idea more flattering than challenging. "We work hard to keep pace with these sexy women, but we're tickled to see husbands nudging their wives once we get on

stage", he gushes.

Tours bring their own challenges. Since the troupe never adjusts its costumes, the audience's sensibilities can be a worry; then again, no one goes to a Moulin Rouge show expecting to see women covered from head to toe. The girls usually have only few hours to adapt to the new lighting and stage. Most of their 1.3 tons of gear is flown in three weeks in advance. The pressure to represent

the legendary cabaret (and French culture in general) makes flawlessness an imperative.

With that almost revered red windmill and the dramatic tales that emerge from behind a burst of feathers and rhinestone, Moulin Rouge remains a story of human emotions, onstage and off it. ■

*Tickets (including dinner and champagne) from €175
Visit: Moulinrouge.fr*



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BT More | **FOOD**



Fresh sea-food is available in abundance thanks to Istan



BOSPHORUS BINGE

It's what you get when you combine a habitual hogger with the plentiful bounties of the Istanbul food scene.

BY KRIPA KRISHNAN

Calling Istanbul a melting pot is an utterly erroneous cliché. It is more of a delicately layered stew which offers comforting flavours and tantalising flourishes all at once; an irresistible combination for all foodies I don't claim to have an evolved palate but I know good food from bad, and in Istanbul, there was not a single meal that disappointed. If you are on a tight timetable and have just 24 hours in the city, here's how you can make the most of the epicurean abundance on offer.

Istanbulites are dedicated and self-confessed gluttons and meyhane (Turkish mezze bars) are the perfect place to sin. I was acquainted with the Turkish way of eating on a Friday night in Beyoglu, the party district on the European side of the city. Lebnon 11 is a popular choice and has a cult-like following, partly because it was featured in the Turkish blockbuster *Issiz Adam*, but chiefly because of its food. Offering a modern take on traditional anti-pasti staples like tabouleh (bulgur wheat tossed with vegetables and meat) dolmade (packages of vine leaves with a choice of stuffing), and a galaxy of traditional cheeses, this place truly deserves the teeming crowds. Standouts include kagitta levrek (seabass baked in parchment paper) and hummus which came topped with succulent pieces of prawn. The Turks down plenty of raki with the spread, but the pungent star anise-flavoured drink proved too strong for my palate. After a few sips of the brew, which turns milky white when mixed with water, I quit and opted for another crowd favourite, Efes beer. Thus began my brief holiday romance with this crisp brew. It continued over several pints and helped me sleep like a baby.

Indeed, slumber comes easy on a full stomach but the anticipation of a stellar breakfast ensured I was up on time to tuck into more Turkish goodness. The sea-front of the city is lined

Must Eats

**HUNKAR BEGENDI**

If the name brings to mind our kitchen staple, baingan (aubergine) you have the connect right. This filling main offers a creamy bed of smoked and pureed egg plant paired with lamb. The meat is slow cooked with tomatoes and the tangy Turkish spice, sumac. Paired together this dish packs a flavourful punch.

**MIDYE**

This is one versatile mouthful and the locals love it both as a bar snack and an early morning hangover cure. These little packets are mussels stuffed with rice, cooked with herbs and served with a twist of lemon. Every bite offers a taste of the salty sea and is an Istanbul favourite in every way

**ALL THINGS SWEET**

Sekerpare (pictured above) are crumbly, round pastries soaked in sugar and rosewater. Also try the handchurned ice cream, candied figs stuffed with walnuts, and ofcourse lokum, or, as we know it, Turkish delight. Turkey is a country where you are forced to indulge your sweet tooth to the hilt.



Fresh sea-food is available in abundance thanks to Istanbul's proximity to the Bosphorus. Almost all eateries offer fish in varied avatars. The catch is often paired with a side of vegetables and dips (above)

with tracks for runners and the effort usually ends with a cup of Turkish tea and *simit*, the local version of a sourdough bagel studded with sesame. These stalls are ubiquitous across Istanbul. The bread is bland by itself so you can pad the order with fruit compote and cheese at a local cafe.

Street eats aside, Istanbul has elegant fine dining options and a reservation at Mikla is a coveted possession. It's the view that grabs you first; from its perch on the 18th floor of the Marmara Pera hotel, the city of Istanbul tumbles on for miles. And the menu is no pushover. Chef Mehmet Gurs enjoys celebrity status in the country thanks to his efforts at reviving forgotten food traditions of Anatolia and his food is a study in subtle lavours. While travelling overseas, India's vegetarians are usually reduced to snacking on cheese and fruits but in Turkey there are enough herbivore options to choose from. For example, at Mikla, our three-course dinner began with a plate of seasonal vegetables paired with

pureed fennel, lime and olives. The baked grouper with artichokes was a good option in mains and the chocolate mousse and peach sorbet which ended the gourmet soiree were worthy of Instagramming.

Talking of social networking sites, there is a century old restaurant which pops up on most walls mentioning Istanbul. Pandelli, the blue-tiled beauty housed in the famous Spice Bazaar is a chowhound's best bet after an afternoon of jostling in the stalls. The hunkar begendi (lamb ragout with eggplant puree) was a personal favourite, as was the dessert platter (fruits paired with crispy baklava and sutlac, a Turkish rice pudding flavoured with rose water).

Rest assured, food will be central to your Istanbul experience. Its charm turns the most astute dieters into unbridled foodies. Here, flavours won't flabbergast the Indian palate; instead familiar names are served up with a distinct Turkish twist. So go ahead, indulge yourself and return with an Istanbul belly. ■

In Pursuit of Hoppiness

The microbrewery business is booming in India
and it is changing beer, as we know it, for the better

BY ANUSHREE BASU-BHALLA

Before I place my order, the barman bowls me over with a line-up of beverages in different tones of dusk. There is a thin sheen of dew frosting these glasses. He urges me to sample them. "Start from left to right," he instructs, "going from pale to dark." At the end of the spectrum, I am left more confused than I was to start with. The barman jumps in again, "Would it be the pale ale or the lager for you, ma'am?" I gingerly pick one, "I'll have a glass of the German wheat."



MILLING

Whole-malted grain is milled (portioned and cracked) to allow it to absorb water. This in turn helps to extract sugars from the malt.

BREW WATER PREPARATION

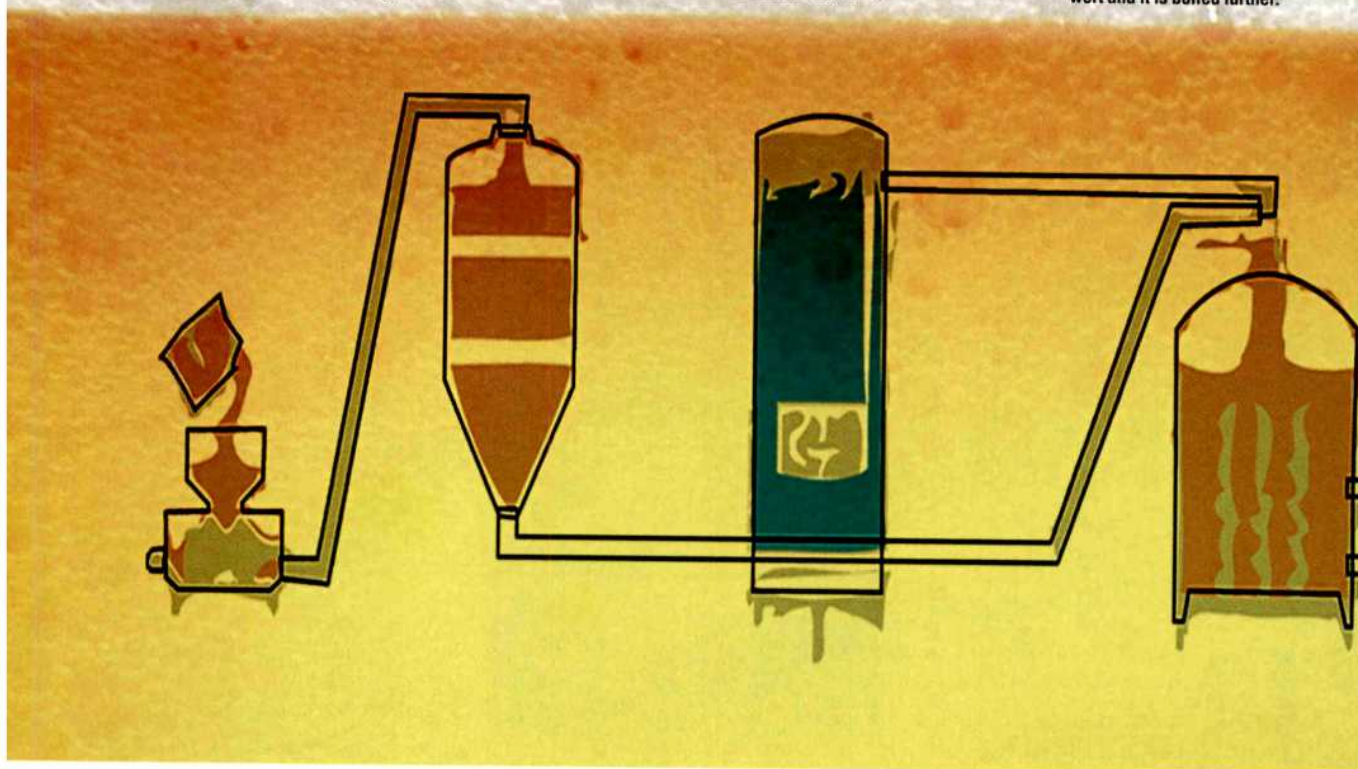
Large copper tanks are used to delicately prepare and store treated hot and cold water which are essential components in the later stages of the brewing process.

MASHING

The milled grain is then added to hot water where it is mashed and stepped to extract the soluble goodness from the grain and create the character of the beer.

WORT BOILING

The mashed liquid is then transferred to the second copper tank where the spent grain is filtered from the still hot liquid to obtain the wort. Here, hops are added to the wort and it is boiled further.



As I sink back into my seat I can't help but mull over my confusion. This is my usual go-to beverage on a warm summer evening. It used to be the simplest thing to order. Clearly, not anymore. Its recent makeover has created a problem of plenty. About four years ago, a fresh business model was brewing in the minds of a handful of Indians. If you were to ask them how it all began, chances are you will be regaled with anecdotes about how they chanced upon the idea during one evening of heavy drinking at a bar; or stories of sipping a fine beer in a brewery abroad when the 'a-ha' experience took place. Since 2008, after the first few boutique breweries started making fresh and delicious 'craft' beer, there has been no looking back.

Here's the story of the Indian microbrewing industry, its chal-

lenges, what drives it, and what goes into the making of a good beer.

THE SPONSORING NEED

Till recently, Indians were exposed to only one kind of beer—the commercial lager. It is a fairly competent product till such time it leaves the brewery and hits the supply chain. When the bottled beer finally gets to the consumer, it could be as old as five months and may have faced fluctuating temperatures, poor storage and transportation. "It is only in India that bottled beer is chilled just before consumption," says Suketu Talekar, co-founder of Doolally Brewing, a microbrewery in Pune.

It was a desire to skip this tenuous supply chain that gave rise to the notion of 'independent' breweries in India. Known as microbreweries, they began by producing limited

quantities of beer each day. In a commercial format, they are better known as brewpubs. These are essentially resto-bars where one can consume fresh-off-the-tap beer that has been brewed in-house. These microbreweries produce between 5,000 and 50,000 litres of beer, a day. None of it is bottled and there are no preservatives added in the process.

CRAFT BREWING

Most brewers began as beer lovers who wanted to enjoy a better product. Consider the case of Satish Kumar Kohli. Almost 49 years after he began practicing the craft, he is still fascinated by beer's versatility. Currently the brewmaster at Howzatt, India's first commercial microbrewery at Gurgaon's Galaxy Hotel and Spa, he explains why a craft beer tastes far better than the bottled one available

COOLING

The wort, once brewed, is cooled rapidly to the ideal fermentation temperature (16–22 degrees celsius) the cold water prepared and stored earlier is used as a coolant in this process.

FERMENTATION

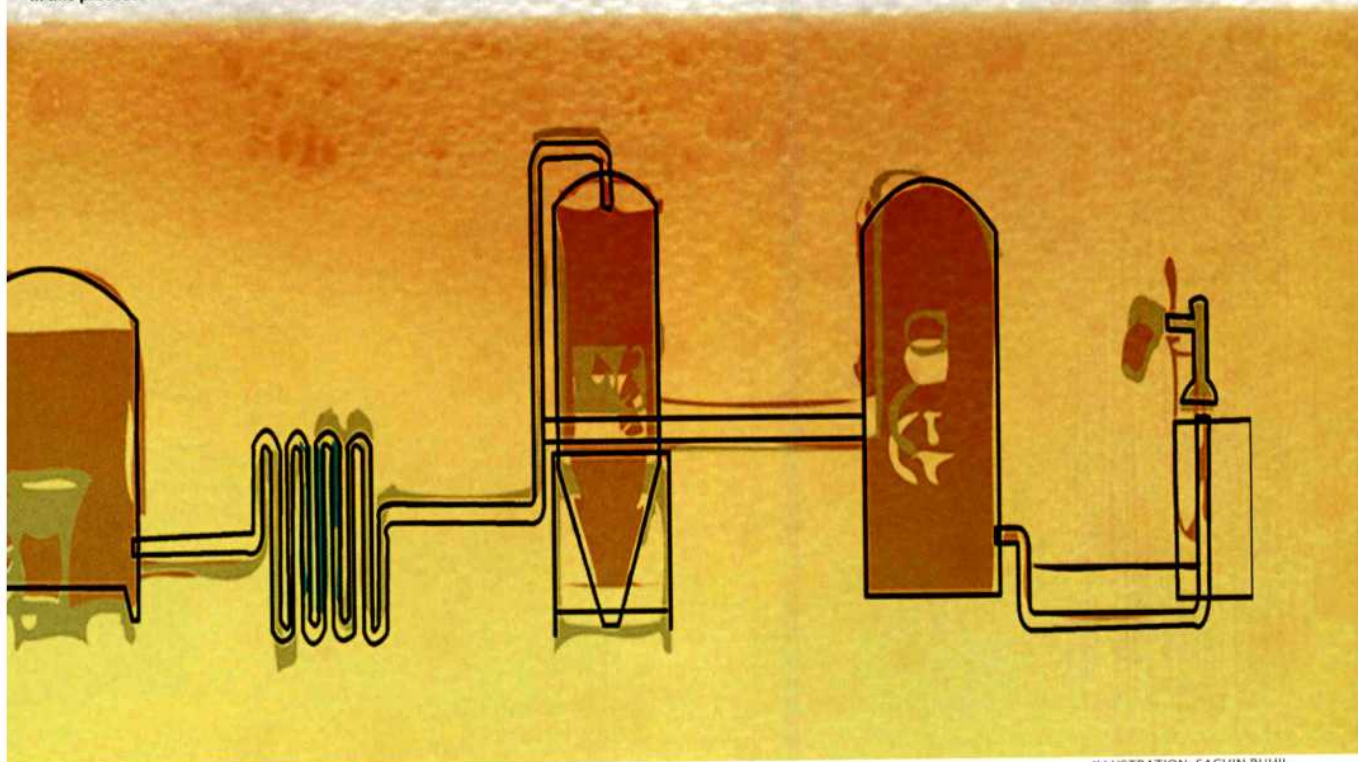
The cooled wort is transferred into a sterile fermenter filled with fresh yeast. The yeast cells quickly metabolise the sugars into alcohol, natural CO₂ and flavour esters transforming the wort into beer.

CONDITIONING

The beer is filtered from the yeast and transferred to the serving tanks where it is conditioned for a couple of days for flavour improvisation and the optimum level of carbonation.

FINISHED BEER

About 60 days after the start of the conditioning process, the beer is ready to be served. Ideally, it should be drunk at seven degrees celsius.



in the market. "Creativity is the key component here. Industrial brewers are driven by a mass-merchandising mindset where profits matter the most," says Kohli.

Talekar believes, "There is a possibility of creating about 2,000 different varieties of beer. Indians are now seeking a wider choice and better quality that only craft brewers can offer. And since experience leads to education, Indians, especially in the metros, now have a better understanding of beer than ever before."

However, Meenakshi Sagiraju, co-owner of The Biere Club in Bangalore believes there's some way to go. "Beer drinking is still restricted to the 'bottled' concept and there is very little awareness about the beverage," she says. That's why many brewpubs offer a tour of the brewery to help consumers understand the various

stages of brewing. "Not only does it gives a fresh perspective to beer but also builds a brewer-client relationship," says Sagiraju.

So what is a good beer, one may ask? Andreas Lindauer, expat brew-master at 7 Degrees Brauhaus in Gurgaon says there's no perfect beer. According to him, "A great beer, simply put, is fresh and flavourful". Beer is best when consumed within 15 days after the end of the conditioning process (*see diagram above*). Mass-produced beer is often treated with glycerine as a preservative to stretch its shelf-life for up to six months but the product suffers in the bargain. "A glass of good beer should display the complexity of its ingredients and creativity of its maker," says Lindauer.

"There are four primary factors to judge the profile of a beer: appear-

ance (colour, foam stabilisation, and clarity), aroma, taste, and finish," says Ishan Grover, brew-master at Lemp Brewpub & Kitchen, Gurgaon. "One that is perfectly balanced and has all these characteristics, is a beer you enjoy drinking," he says.

INGREDIENTS & FLAVOURING

When it comes to ingredients, most craft brewers prefer imports. "Microbrewing is a fresh concept and most barley suppliers only have the kind of grain that's used by industrial breweries. Once the demand for a better bouquet of barley increases, it will be profitable to the suppliers to cater to the growing need," says Talekar. He is optimistic that over the next two years barley used for craft brewing will be sourced domestically. Another key import is the hops. These are a special kind of flower endemic



At 7° Brauhaus in Gurgaon, the brewing machines takes the centrestage in the resto-bar's decor

to temperate-zone countries. Hops are the all-important ingredient that give a beer its distinctive bitterness and also act as a stabilising agent.

In terms of flavouring, there are two primary pursuits for most brewers. The first involves infusing local flavours (such as mango wheat beer or jaggery ale served at Doollaly); the second is introducing iconic international brews to local clientele (think, Irish stout or the Belgian witbier served at Lemp Brewpub). "There are as many patrons of a brew infused with, say coriander, as an international recipe that one may have savoured while travelling abroad," says Suketu Talekar. So he updates his beer menu every few months to keep up with newly-discovered brew flavours.

SUSTAINABLE GROWTH

The brew bubble is seemingly

growing but owners of these businesses are still struggling with operational and external challenges. These range from stringent state liquor laws, licensing issues, restriction of funds and lack of skilled labour for the highly technical job of brewing. "Presently there are just three schools that provide a degree in brewing technology," Talekar says adding that "it takes two years to train a student of microbiology to get a granular understanding of brewing." In such an environment, it is difficult for small brewing companies to predict growth.

Despite this, a bevy of microbreweries have mushroomed in areas where residents have large disposable incomes (Gurgaon, Pune, Bangalore and even Chandigarh and Panchkula). Notably, these areas are also close to metros, like Delhi and Mumbai, where liquor laws are too

strict for a microbrewery to flourish. These cities are demographically blessed with young professionals who can afford to spend a bigger buck for a product that goes the extra mile.

In his book *Hops and Glory*, author Pete Brown, recounts the journey of shipping barrels of 'strong October beer' to Indian shores. The hoppy brew that survived the long voyage south was named India Pale Ale or IPA. It is ironic that India had a beer named after it way back in the 18th century when even today the country consumes less than two litres of beer per person per year. The once exotic India Pale Ale fizzled out over the course of history but today, thanks to the 20-odd microbreweries in India, IPA and many such historic brews are awaiting a revival. So ditch the mass-produced bottled beer and hop to your nearest brewpub to savour such brilliant brews. ■

JUST WINE NO BULL



SOURISH BHATTACHARYYA
Executive Editor, Mail Today

A Challenge to Mull Over

Mulled wine is a great companion for a cold winter evening. While it's easy to get wrong, it's not hard to make it the right way either. Here's how.

LIKE the bell for Pavlov's dog, the festive season triggers in me an overwhelming urge to drink mulled wine. The Smoking Bishop, as the Victorians called it, goes down especially well the dull, smoggy evenings of Delhi's harsh winter. But decent hot, mulled wine has been eluding me and I think I finally know why.

Most people seem to equate mulled wine with bad wine and often use it to pass off unconsumed remnants or wines that don't measure up.

My friend and guide, Bill Marchetti, confirmed my suspicion. "The spices don't mask a bad wine," he said. Of course I'm not suggesting you go for the priciest wine in your chiller to make mulled wine. An inexpensive but quaffable red with a decent body should do. "The wine has got to stand up to the spices," explains Marchetti. A Merlot is ruled out, but an Italian Barbera or an Australian Shiraz, or even a desi Cabernet Shiraz, can be up to the task. (In Victorian times, when Charles Dickens mentioned it in *A Christmas Carol*, a Smoking Bishop was made with Bordeaux reds, or claret, and the Smoking Pope came fortified with Burgundy.) Marchetti took the words out of my mouth when he named Sula Dindori

Reserve. I agree. This would make a great mulled wine.

His favourite mulled wine recipe is the one that is famously associated with Jamie Oliver. The Naked Chef says it is "dead easy to make and tastes like Christmas in a glass". His ingredients include two bottles of Chianti (you have plenty of options available), two clementines (you could replace them with our standard oranges), peel of a lime and lemon each, 250 gm of castor sugar, cloves, cinnamon, bay leaf, nutmeg and star anise. Then he asks you to add your favourite spices, as if the initial ingredients were not enough!

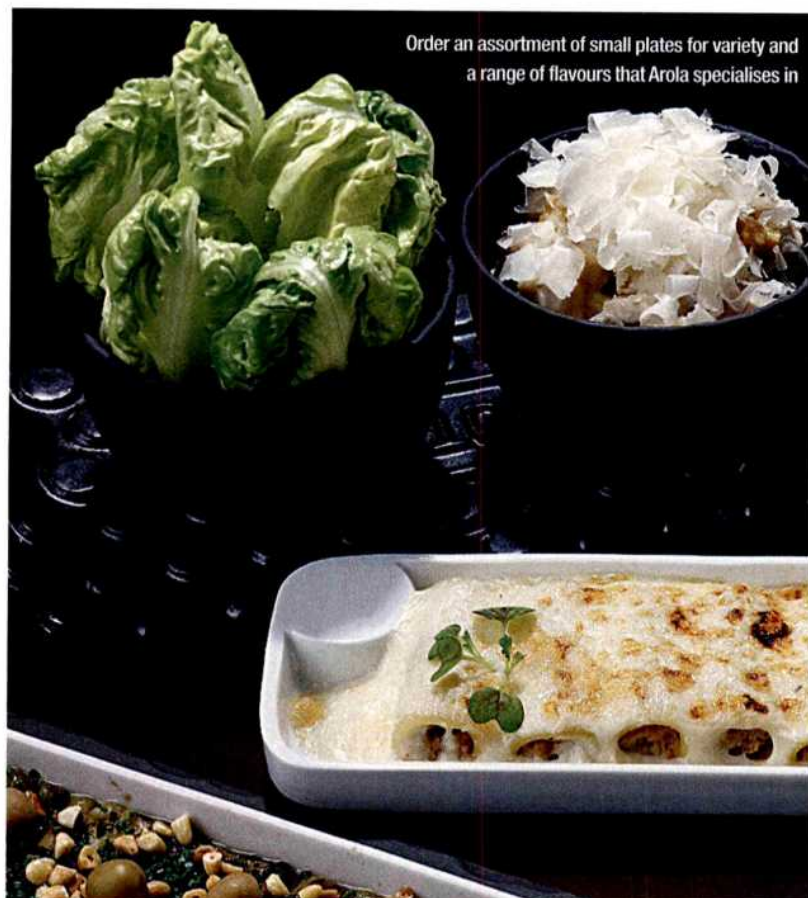
"Let everything cook away and warm up gently so the flavours have time to mingle with the wine," Jamie advises fellow wine mullers. "I like to leave my mulled wine ticking over on a really low heat and just ladle some into glasses as and when guests pop in." Remember, add the wine only after the syrup is prepared, or the angels will get to drink all the alcohol.

Mulled wine is a great restorative. It can lift even the most overwhelmed spirits on a dull winter's day. But it has got to be made right, otherwise you may end up being one unhappy camper!



If you have some sloe gin, a liqueur made with sloe (blackthorn) berries, add it to your mulled wine to add a kick, advises BBC Good Food. Jägermeister is another alternative, but its base is white rum, not gin. I am suggesting it because it's easier to get.

GOURMET CENTRAL



Order an assortment of small plates for variety and a range of flavours that Arola specialises in

Small Plates, High Style

Arola, the pica pica Spanish restaurant at the W-Opera, brings a whiff of flamenco to upscale Paris. **BY PRACHI BHUCHAR**

French food makes me a bit nervous because I am never quite sure if what I have ordered is what I am actually going to get. So I walked into Arola, the fancy Spanish restaurant at the W-hotel at Opera, Paris, feeling understandably ill at ease. The swish crowd that spilled onto the kerb on a Tuesday evening did not boost my confidence either. The restaurant itself has plain interiors but a Kusama-esque centre gives the place a shiny disco balls kind of vibe. On a week night the place was packed with well-heeled Parisians

who seemed at ease with the menu.

Sergi Arola is a two Michelin-starred chef from Spain who has Arola in both Barcelona and Madrid. He has always focused on fresh produce and honest cooking and much of that is translated into the Paris outlet as well; unfortunately though, you don't get as much seasonal produce here and that affects the menu. The concept revolves around pica pica or shared plates which to my Indian palate seemed like a happy go-to option, but I was also concerned about the portion size as there is nothing worse than go-

ing home hungry after an expensive meal. My fears were unfounded as there was adequate padding in the form of a Catalan-style pan con tomate which comprised crusty bread served on a small platter with a tomato sliced in half, a clove of garlic, sea salt and olive oil. You are meant to rub the bread with the garlic, slap on the tomato and drizzle some olive oil on it before adding a sprinkle of sea salt. They also served bread sticks with a pimento, pepper dip in a quaint glass jar and an amuse bouche or a bite-sized hors d'oeuvre (white asparagus and sea bass foam in a shot glass).

Order at least three dishes if you are a table of two. The deconstructed Caesar salad is an interesting concept but I like my salads mixed and served rather than piece meal so that did not work for me. The Paris Design week was on while I was there, so the chef had prepared a special set menu that worked like a charm. Try the carpaccio of Iberian pork with Idiazabal cheese and Basque peppers. The clean, Mediterranean flavours shine through in all of Arola's cooking and joy lies in simple, clever cooking. I also tried a version of the beef (fillet) which was inventive, with a scatter of plump cherries injected with foie gras. While the beef itself could have done with more seasoning, the other elements on the plate more than made up for the blandness. The play with different flavours through the meal keeps your senses on their toes. I ended the meal with a dark chocolate with toasted bread and olive oil mousse, which was original. A sure shot recommendation for those who want a taste of Spain in hip Paris.

BT MORE RECOMMENDS

- 🍴 Iberian Pork presa
- 🍴 Eggplant

Meal for two at €100-€120 without alcohol
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Meet the New Deli

EspressoGrill in New Delhi has the potential to be a superb deli but wait a while for things to settle before heading over. **BY ANUSHREE BASU-BHALLA**

Debutante restaurateur Mugdha Kalra had a simple plan: to set up a delicatessen in old world Connaught Place that will tap executives looking for elegant spaces to host lunch and dinner meetings. Its location, the tony Capitol Point building at Baba Kharak Singh Marg opposite the emporiums, is undoubtedly one of the best in the centre of the city. The deli, EspressoGrill, stands above the most sophisticated car park system in Delhi and it's quite unlikely that footfalls will be a problem. Wood dominates the interiors. A Belgian chandelier, a graffiti mural depicting a busy European street, and an open pantry, add life to the otherwise minimalist tone of straight-back wooden chairs and bare table tops. There are a few shelves stacked with breads and other ingredients that you can buy over the counter. While the ambience is relaxed, the style of service is that of a rather formal dining space (the staff wear shiny business suits), which they

can do well do without).

The menu pans across Europe and picks quick bites from France, Spain, Italy, and Turkey. Our evening begins with a roasted cauliflower soup with mushroom crostini that proves to be a great start and leaves the palate salivating for more; just what a good appetiser ought to do. The soup, as the menu suggests, is the resident chef's worthy homage to his food hero, Gordon Ramsay. The cherry tomato and garlic confit bruschetta has a good balance of sharp and sweet flavours. The barbecue pork spare ribs too are well-done and warrant a polished plate. Speaking of which, the all-black ceramic dinnerware is a bit impractical, considering the dim lighting and a dark-wood interior, and takes away from the beauty of the dish being served.

The mains at EspressoGrill have potential but are a notch below the starters. The lamb shank with potato dauphinoise was mildly seasoned and the nest of leeks that is served on



Tartare of smoked salmon

top of the dish gives it messy look and can easily be done away with. The French classic, chicken cordon bleu with green pea mousseline was rather dry and needed a bit more texture to elevate the cordon bleu experience. The final dish in the mains, pork chops, was delicious. The tender meat sat on top of a bed of silky potato purée and the chops were cooked to perfection. We rounded off our evening with baklava. This dessert, served with vanilla ice-cream simply crumbled in the mouth.

"You learn as you go," says Kalra, as we talk about the newly-included high chairs for babies. In the few weeks since it opened, she's noticed that it isn't just men in suits who walk through her doors but families as well.

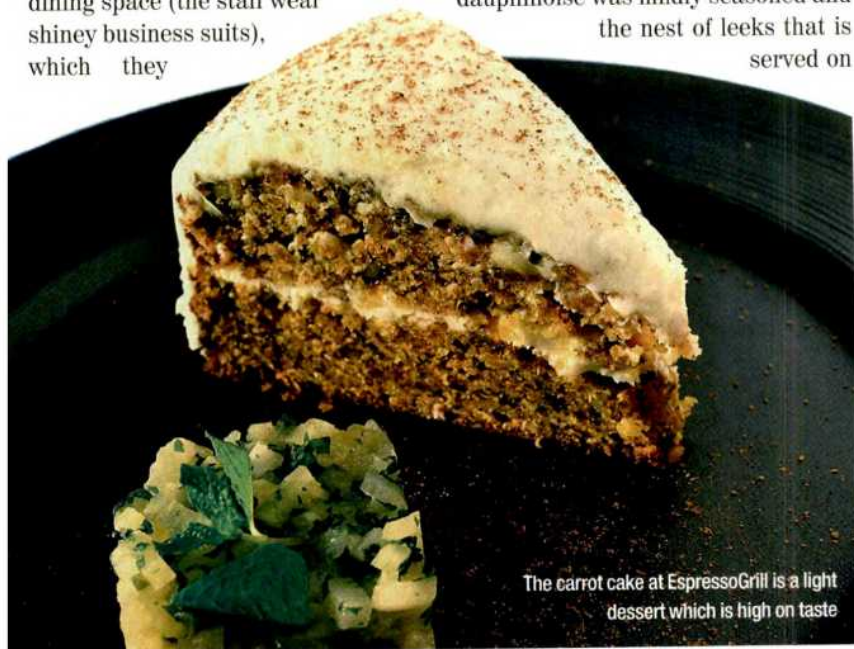
While the mains have the potential to be a few shades better, since the space is new, one can only assume that most of it is teething trouble. It has huge potential, so watch out for some exciting new food in the heart of the city.

BT MORE RECOMMENDS

- 🍴 Roasted cauliflower soup
- 🍴 Barbecue pork spare ribs

Meal for two (with alcohol) ₹2,500

☎ (011) 23363133



The carrot cake at EspressoGrill is a light dessert which is high on taste

No Curry No More

She believes in organic ayurveda and he stands for Indian gourmet. Here's how UK-based celebrity chefs Anjum Anand and Vineet Bhatia are putting a new kind of India on the food map.

BY R PALLAVI

Take a regular Indian; soak him in a melting pot of foreign cultures and saute with a general love for life. Then, sprinkle a spirit of freshness and leave to age on the world's most coveted kitchen shelves. In all probability, you'll create a chef who can break out of basics and get a little more out of Indian cuisine. If only gourmands like Anjum Anand and Vineet Bhatia could be prepared overnight. It's taken these London-based chefs years to

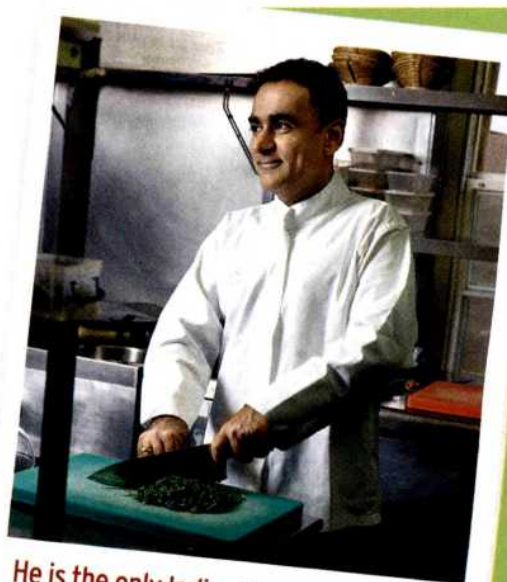
simmer away the lumps of industry disapproval before they enjoyed watching the first boils of fame and success. And like great masterchefs, the stirring never stopped. They could have spent their lives garnishing tandoori tikkas and pairing red wine varietals with laal maas, but chose to appear on TV shows and earn Michelin Stars instead. In an exclusive tête-à-tête with *BT More*, they share their culinary philosophy and the inspiration behind it. Let's walk into these kitchens and see what's cooking.

VINEET BHATIA

London, 1993 A young Vineet Bhatia served a baked-and-frozen gajar ka halwa. It was spat out on his face for not being 'warm, gooey and the way it's supposed to be'. The only way to prepare international audiences for something different was by adding what he calls his 'twist'. "I changed the name of the dish to stall expectations and then gave it an offbeat presentation like colourful rice pyramids or capsule-shaped desserts. Finally, and most importantly, I twisted the flavours around by employing a global cooking style on Indian ingredients".

London, 2012 Vineet runs a Michelin Star restaurant Rasoi that stands as an ode to his convictions. Here, you get panyaram

dumplings with lobsters and sundried tomatoes, barfi with chicken and chocolate samosas. Even a simple side dish like khichdi is turned into a flavoured risotto on Rasoi's menu. For him, the only way to conserve India's dying culinary arts like Kashmiri wazwan is by re-inventing it with a burst of fresh flavours. So, on his show *Twist of Taste*, he heads out on an Indian food trail and reinvents local styles. He describes his job as "igniting the flame for a discovery of India by surfacing hidden cuisines and rebuilding with fancy cooking techniques." Years later, when the world savours Naga food with Mexican spices and European seasoning, Vineet Bhatia will be one happy man.



He is the only Indian to earn two Michelin Stars



Over a cake of flavoured and spiced rice sits Vineet's delicately carved prawn

ANJUM ANAND

Like most Indians growing up abroad, Anjum searched for her Indian identity in tangible things, which, in her case, rested in her kitchen cabinets. She mixed turmeric and warm milk to cure fevers and drew on a certain warmth in the aroma of freshly ground spices at family gatherings. It was all hearty and happy, but never healthy. So, the chubby child of her foodie parents, who grew up to be a fat teenager decided to revisither kitchen for a solution, and found it right there.

She feels "Unlike European cuisine that relies heavily on butter, cheese and nuts, all Indian food needs is a dash of oil, that too only for cooking the dish. We draw our flavours from spices instead." And in her opinion, this the most important pre-requisite for healthy food. "People confuse spices with fiery chillies so Indian food is either branded as bland everyday or as rich and heavy retreats that grace special occasions." It is this void that Anjum strives to fill with delicious yet light treats that one can fork into without worrying about tipping the scales. The trick is to make the chillies optional and blend the rest of the spices harmonious. On her BBC show *Indian Food Made Easy*, she used 12 pieces of garlic, some cumins, cloves and black pepper, and still struck a chord with British audiences.

The key, she feels, lies in breaking down the dish to the last ingredient and evaluating the effects of each. "Till recently, Indian restaurants abroad only served Mughlai, with deep fried veggies and spicy masalas. For instance, the Goan chicken dish vindaloo, a popular favourite in Britain, was a slapdash of spices and sauces and no one strived to understand its flavours in isolation".

Anjum advocates the evolution of food and feels that it needs to adapt to contemporary lifestyles. She draws on the organic science of ayurveda which was also the subjects of one of her six books, and comes up with fun recipes recipes. Instead of deep frying tandoori aloo, she hollows, marinates and stuffs with greek yogurt. Similarly, her jhal frezi curry is packed with vegetables, immunity boosting pomegranate kernels, turmeric, ginger and garlic.

In a world where everyone is hungry and there are only so many chefs, Anjum's simple food logic, that of quick-to-cook nourishing food, is here to make life easy, and longer.



She featured in BBC's two series show *Indian Food Made Easy* and has authored six food books

Yogurt, curry leaves and coconut oil are the main flavouring agents in Anjum's Southern Curry



HEALTH SNIPPETS



Checked Out

New research suggests regular medical check-ups do not necessarily help in preventing illnesses.

An annual health check up sounds like a reasonable idea. After all, you can catch diseases early and get a report card on how healthy you've been over the past year. But new public health studies suggest this idea may be flawed and even potentially harmful. A team of Danish public health experts analysed 14 different long-term trials that involved more than 180,000 people in all. Some underwent periodic health checks while others did not get any.

In nine trials, the Danish team found no difference in fatality rates between the groups that underwent periodic checks against the groups that didn't. The only noticeable difference

from one of the 14 trials was a 20 per cent increase in diagnoses for people getting regular checks. However, they proved no more or less healthy than the non-monitored group. In fact, when you account for the cost of the check-ups and diagnostic tests, there may be a marginal benefit in the long run.

On the contrary, researchers suggest two things. First, that doctors spend more time with patients asking them about their lifestyle and medical history. This alone can result in valuable, timely interventions. They also suggest tailoring health checks to each patient based on their age, sex, lifestyle, family's medical background and specific risk factors to eliminate unnecessary testing.

FOOD RULES YOU CAN BREAK

Here are two old food "rules" that can now be put to rest.

Red meat causes cancer

In the 1980s, Japanese scientists found that rats that ate meat overcooked at a high heat developed cancer due to a carcinogen that formed. However, human studies on this were based on surveys and don't show actual links. If you are worried about potential carcinogens, simply scrape off the charred bits on your steak.

Sweet potatoes are healthier than regular potatoes

This is true if you fry regular potatoes. This raises their fat content and calorie count. However, if you bake or boil regular potatoes, as you do with sweet potatoes, you needn't worry.



STRAIGHTEN UP

Here are a few tips to maintain a perfect posture and avoid debilitating backaches. While **standing**, hold your head up, chin in and look straight ahead. Keep your shoulders back, tuck your tummy in and keep your knees straight. Lean your chest forward slightly. If you're standing for a long time, rest one foot on a higher object such as a stool. Walk around as much as possible. While **sitting**, keep your back against the backrest. Your knees should make a right angle and your feet should be flat on floor. Don't cross your legs. If you are at a computer, sit back and rest your arms on the chair's armrests while typing.

Adjust your chair's height to maintain this posture. Walk around every 30 minutes to stay fit and relaxed. While **lifting objects**, avoid anything more than a quarter of your body weight. Spread your feet apart and bend your knees, not your back. Hold the object close to your body. Straighten up at your knees as you lift. The power should come from your thighs and calves, not your back. Finally, while **sleeping** use a pillow if you sleep on your side so your spine does not bend at the neck. A well-made, spine supporting mattress is a worthwhile investment, especially since you spend a third of your life on it.

INTELLECTUAL AGILITY

Here are a few tips to keep your mind razor sharp throughout your life.

Eat fish Pescetarians have a 60 per cent lower risk of Alzheimer's thanks to DHA, a kind of Omega-3 fatty acid that is abundant in salmon, tuna, and cod.

Get a brain workout A favourite with chess grandmasters, challenging mental work such as learning a second language or solving crossword puzzles, Rubik's cubes and Sudoku graphs actually restructures the brain's grey matter.

Meet friends and family Regular socializing fires up the frontal lobe, which controls planning and decision making. It also reduces stress-inducing cortisol.

Work your body too Cardio workouts pump oxygen- and fuel-rich blood to the brain, cells. Vigorous exercise also strengthens blood vessels, which reduces the risk of a stroke.



MARY (MAYE) ON WIKIPEDIA

Winter Workout Tips

Outdoor winter exercise can be fun. These tips are likely to make workouts safer and give better results.

- Wear a synthetic base layer made of polyester to wick sweat away from your body. Layer up with a t-shirt and a light wind cheater to trap heat between the layers. Avoid cotton.
- Men tend to ignore how cold, dry air affects skin. Use body or hand lotion and lip balms to prevent your skin dry-

ing out. In severe cases, skin can crack making it too painful to work out.

- As your body temperature falls, it shuts off blood supply to your fingers, ears, nose and toes. Cover these as they are where you begin to feel cold.
- Wear bright clothes with reflective strips, particularly if you exercise at dawn or dusk. This alerts other people to your presence
- Finally, never, ever skip a warm up!

GET THE PARTY STARTED

Venture beyond the tried and tired and allow yourself to be wooed by the new meccas of nightlife across the globe. BY HITANI KAUR

Hedonists are always searching for the next new 'undiscovered' club, secret bar or 'city that never sleeps'. Move over Ibiza and Amsterdam, we've lined up shiny new destinations that give you more bang for your buck. And in the advantage of global business hubs in the vicinity, they're ideal for combining work with pleasure. Book yourself a flight to the unexpected open-mindedness of the Turkish capital of Istanbul or the cultural versatility of the Czech Republic, to the tireless energy of Belgrade and the elitist snobbery of Moscow; step outside the lines for a taste of life in the after hours.





ISTANBUL

Attracting a large volume of traders due to its pivotal location between Asia and Europe, executives visiting Istanbul for work can mix business with pleasure in the afterhours. Though the city evokes stunning, if familiar, associations like the Hagia Sophia and Blue Mosque, it's time to lift the veil and view the city's vibrant night life. Apart from the coffee-drinking, belly-dancing capital that has captured the interest of tourists, Istanbul is an important business destination. After the day's work is done, enjoy the city by night. From the commercial to sexually-overt gay clubs, nightlife in Istanbul grew up when no one was looking. A night out could begin at a family run meyhane (Turkish tavern) like Soyali 9, which has been

around for decades. You then move to one of the spanking new entertainment clubs like Reina located by the Bosphorus. Istanbul's night face has a vibe that's unmatched; heady, with very good looking patrons who love to party. Along the Bosphorus, you get a glimpse of how rich, young Turks live their lives as they valet park their luxury cars, (read Lamborghinis and stretch limousines) and even private yachts. Alternatively, if nice and easy is more your style, make your way to the streets off Beyoğlu's Ystiklal Caddesi for a boisterous night at one of the rooftop bars, street cafes or pubs playing live music. On the European side, Off Pera and 11.11 are favourites with the party frat as they rock through the night.



Taksim on the European side is the centre of all major gay venues. X-Large is a raunchy gay club that is very popular and has long queues on busy nights.

BELGRADE

The world's leading reformer, as stated by the World Bank, Belgrade represents one of the largest and fastest growing markets in South East Europe. And though this Serbian city might be lagging behind its European counterparts in terms of economic development, the Serbs of Belgrade surpass the biggest punters when it comes to their relentless appetite for partying. The clubbing industry here has more to offer than anywhere else. Every night in Belgrade is a Friday night, with nightclubs playing the very latest in global music. Mainstream clubbing offers

venues playing house, tech house, progressive, and turbo-folk, while smaller spaces specialise in pop, rock, trance, alternative rock and jazz. Interestingly, two types of clubs operate here: winter clubs and summer clubs. Winter clubs are indoors and stay open from late September to early May. Come summer and the party shifts not just outdoors but onto floating river barges called *splavs* that are anchored by the riverbank. Foreigners can enjoy VIP treatment at a relatively low cost across the city. Belgrade's best clubs offer tables for as little as \$250 (£18,000).



With options to rival the best-known party capitals, Belgrade wins our top spot as the nightlife here continues year-round and isn't just seasonal like Ibiza.

PRAGUE

A skilled yet cheap work-force coupled with a well-developed infrastructure attracts global business to the Czech Republic. At its heart, the city of Prague changes colour from day to night, when it transforms to party central. It draws in party-goers with its superb brews and varied music styles like club, jazz and RnB. No two nights-out in the city offer the same experience. You have it all here: live musical performances by local and international bands, reverberating electro clubs, and mass parties. Prague is truly unique in its appeal. If clubbing is your priority, Karlovy Lazne located in the centre of Old Town is a must visit. It is the largest club in central Europe, with five dance floors spread over four levels and a magnificent view of the Charles Bridge. Similarly, Cross Club, an industrial club in every sense of the word, is a bit of a trek to get to, but worth the trip. If lounging is more your thing, we recommend the not-so-secret M1 Secret Lounge.



It doesn't hurt that the beer here is cheaper than water; the drinking age by law is 18 and you can drink on Prague's streets legally.



MOSCOW



Boasting more billionaires than any other city in the world, Moscow's extravagant discos and restaurants are the perfect place to unwind after a hectic day of business meetings.

The mineral-fuelled economy of Russia makes it a global hub, not only for corporate investment but also on the party circuit. If you're thinking of a rules-no-bar holiday (read legendary bachelor parties),

head to Moscow. Literally everything goes under those bright neon signs. From elite nightclubs with pyrotechnic shows (The Artist), and dim dive bars for a laidback pre-drinking session to English-style pubs (The Hungry Duck) for a recharge between, you'll find it all here.

Besides these, Moscow has two highly active party scenes. The rich and beautiful rely on "face control", which ensures they rub shoulders only with other rich or beautiful people. This is where a small but powerful social class of trust fund babies party till dawn and rack up nightclub bills exceeding \$15,000 (₹8.25 lakh). The other active scene is underground, comprising largely homosexuals and 'escorts' (prostitution is legal in Russia) who service the capital's political and business elite.



QATAR AIRWAYS TAKES DELIVERY OF FIRST 787 DREAMLINER

Special Ceremony At Boeing Hangar In Seattle Marks Beginning Of New Era For Middle East Aviation

First Fully Wireless Connected 787 Set To Take To The Skies For Qatar

Qatar Airways has taken delivery of its first Boeing 787 Dreamliner at a special ceremony held at the US aircraft manufacturer's Seattle headquarters.

The Boeing hangar was the fitting venue for the official handing over of the aircraft to Qatar Airways, a ceremony watched by scores of airline management, Boeing executives and both local and international media. Guest of honour was Qatar's Ambassador to the United States, His Excellency Mohamed Bin Abdulla Al-Rumaihi.

The delivery marks a milestone in Middle East aviation with Qatar Airways becoming the first airline from the region to take delivery of the 787. The Doha-based carrier has 60 Dreamliners on order with deliveries planned over the next few weeks, months and years.

Space, comfort and luxury are key features of the aircraft with Qatar Airways having pushed the boundaries in air travel to create a unique onboard 787 travel experience. The seat design is revolutionary and proprietary to Qatar Airways, which worked closely with the manufacturer to have custom-made seats fitted on the aircraft.

The aircraft is also the world's first 787 to be fully connected with wireless facilities enabling all passengers in both business and economy cabins remain connected with the ground through Wi-Fi and GSM telephony services. The fully interactive inflight entertainment system offers more than 100 video and audio options to every passenger. Made from composite materials, the Boeing 787 Dreamliner is the first mid-size airplane capable of flying long-range routes.

Qatar Airways' customers will experience cabin environment improvements such as improved lighting, bigger windows, larger overhead bins, lower bin altitude and enhanced ventilation systems, among other features.

Qatar Airways will operate Dreamliner 787 to New Delhi, Dubai, London and many more destinations to be announced soon.

For more information, please log-on to www.qatarairways.com/in

Promotions



Indian Teppanyaki

The origin of Indyaki is marrying the Teppanyaki style of cooking with Indian food and flavors. The style of cooking is Japanese and the food served is quintessentially Indian.

Indyaki 'Experience':

At Indyaki enjoy having your meal cooked to perfection in an extraordinary culinary theatre that will feed the senses and entertain the appetite. The focal points of the restaurant are the teppanyaki grills set in the restaurant with communal seating around them.

Trained chefs will excite the guests by the eclectic display of their flair cooking.

The interiors at Indyaki are modern and contemporary. The interiors with an earthy palette exude warmth with Indian accents in the décor. The restaurant also has private dining areas for guest privacy and comfort.



Menu Offerings:

Marinated meats, vegetables & seafood will be flavoured with Signature Indyaki Sauces and Spices. Meats are served as grilled appetizers. Innovative dishes are also be offered from the grill along with some "all time favourites". The meal is accompanied with specialty breads & rice preparation done with Indian flavors.

Radisson Blu Hotel New Delhi Paschim Vihar

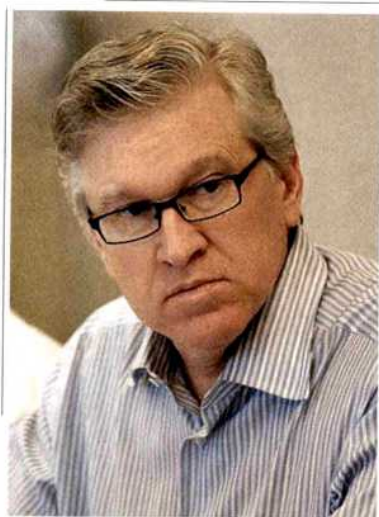
Opening hours: 19:30-midnight all 7 days

Cuisine: Indian

Brand marketed and franchised by: Umak Hospitality Pvt. Ltd.

Give For Greatness

With philanthropy, you can not only change the world, you will also change yourself.



JEFF RAIKES

CEO, Bill & Melinda Gates Foundation

How do you feel when you pick up a newspaper, turn on the radio or watch TV and are exposed to stories of children dying of malnutrition or starvation? Even though child mortality has fallen by 35 per cent around the world, too many children still die needlessly; most, from causes that are both treatable and preventable. In 2010, 7.6 million children died before reaching their fifth birthday. It is alarming statistics such as these that urged me to pursue philanthropic work.

My journey in philanthropy began in Nebraska. My parents were great role models for service to others and taught me how one small act of kindness has the potential to carry a tremendous multiplying effect.

A concept that appeals to me the most as I have undertaken this journey, is “smart philanthropy”. So what makes smart philanthropy so effective? My experience has taught me that smart philanthropy can be divided into three distinct practices-

First, an ambition to change the world and courage to accept responsibility for achieving the results you seek.

Second, engaging others in a compelling campaign while empowering stakeholders and creating the conditions for collaboration and innovation.

Lastly, using all tools that are available to create change, including unconventional ones from outside the nonprofit sector and then creating actionable knowledge to improve one’s own effectiveness and to the ability to

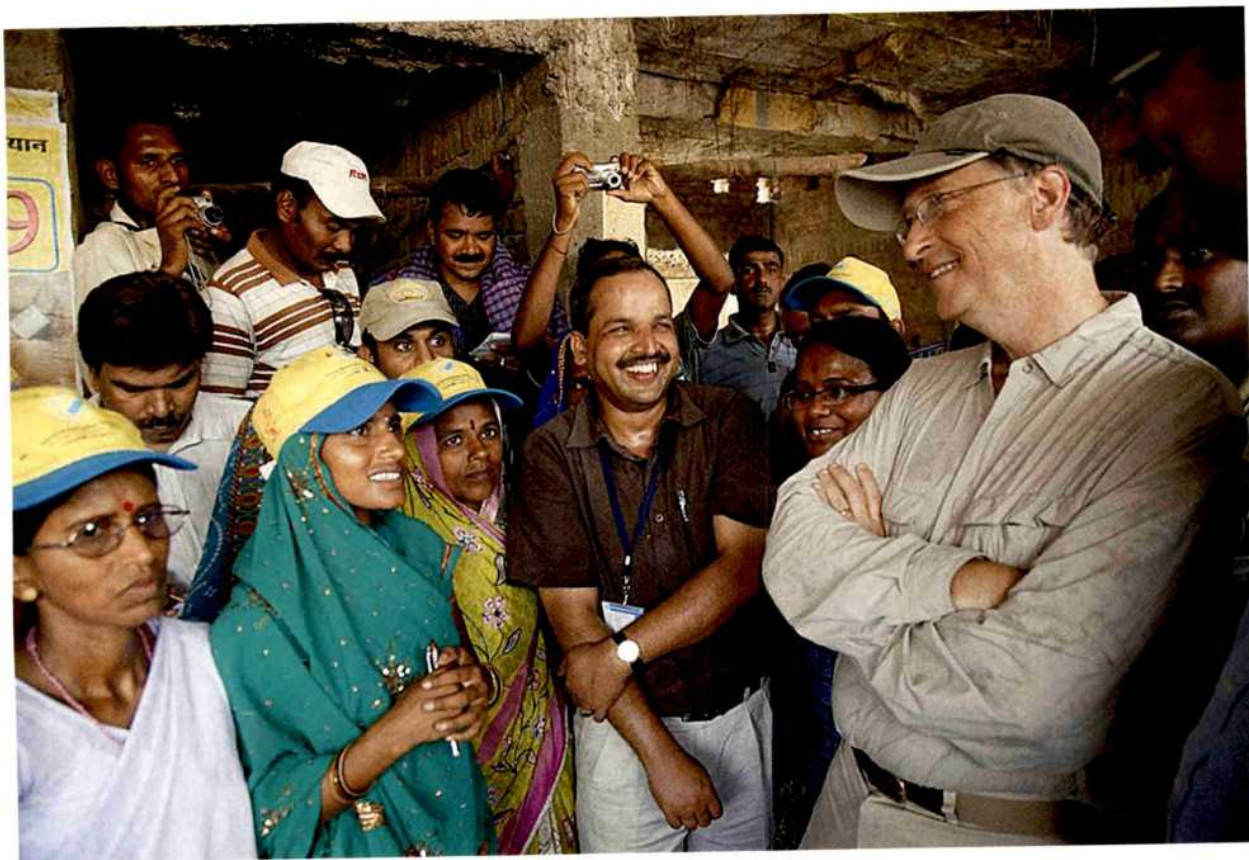
influence the behaviour of others.

One of the most important determinants in the success of smart philanthropy is access to knowledge—of where to give and how to give. Our community should be thinking hard about how we share with others what we are doing and learning. We are in an independent sector but we don’t need to act and learn independently. How can we strengthen our sector and our impact together? I don’t have answer to these questions but I do have some solutions, which I call my “three T’s”: technology, transparency, and teamwork.

As a former “software guy” you may not be surprised about my love for technology. IT and the power of social media are making the capture and sharing of data information and knowledge easier, faster, and cheaper. Technology alone won’t enable sharing knowledge sharing. As philanthropists we need to become more comfortable with transparency by providing more information about our activities. This way, philanthropists make it easier for others to learn from and join our effort.

Teamwork is really about engagement. We can’t rely only on technology or transparency. We need to invite feedback. We need to engage with grantees and partners. They are the first to know if we have lost our way or found a promising path forward.

If you look around, a growing number of people have amassed tremendous wealth and are exploring the possibilities of taking their own philan-



Started in 2001, Bill and Melinda Gates Foundation is, today, the world's largest charitable foundation

thropic journey. So you have an incredible opportunity as a philanthropist to redistribute your wealth to people in this world that need it the most. For 27 years I pursued a dream largely focused on creating Microsoft Office. The one thing I learned at Microsoft is if you really want to make an impact, you have to set big aspirations. At Microsoft we had the dream of a computer on every desk and in every home.

At the Gates Foundation too we dream big. Our work is guided by a simple belief that all lives have equal value. Whether a child is born in Mumbai or far-flung districts of Bihar shouldn't determine whether they have access to health, education, and opportunity.

We believe in the power of innovation to improve lives. We make innovative investments and once we prove their success, impact and potential, we encourage governments to scale up the model. That's why over the last few

years in India we've invested in one of the most ambitious integrated health delivery initiatives in Bihar.

Our partnership, Ananya, comprises 10 organisations implementing projects with funding from us totalling approximately \$122 mn over five years. Ananya means "boundless" and represents the importance and potential of every mother and child in Bihar.

The Ananya partners are testing innovative supply-side solutions, using the public and private sectors, to improve the health and nutrition of pregnant women and infants. We also work to improve detection, diagnosis and treatment of childhood pneumonia, diarrhoea, tuberculosis and kala-azar.

On the demand side, we use media to shape social norms and practices around health. We also equip community groups to demand better services.

In all, the foundation and its partners have developed more than 100 new

innovations that are available today or scheduled to be introduced by the end of the decade. We took the risk of investing in an area that was previously not considered. Once it is proven to work, we hand it to the government. One such project is Avahan, our HIVE/AIDS project with the Indian government's National AIDS Control Organisation (NACO).

What excites me most today, is that we're not standing still. We, as smart philanthropists, are getting better at what we do. But we need to accelerate our progress by embracing technology, encouraging transparency and engaging grantees, partners, and critics. My experience has been a journey; perhaps yours will be too. It's about discovering new ideas, new people, and new places. It's about taking risks. We won't always succeed, but we will always learn.

Ultimately, philanthropy is about discovering yourself.



TIME FOR A REVOLUTION

Fossil ties up with the American tattoo artist Mr Cartoon for a new, wackier and wickeder chapter in watch wearing. BY R PALLAVI



The individual has always had to struggle to keep from being overwhelmed by the tribe. If you try it, you will be lonely often, and sometimes frightened. But no price is too high to pay for the privilege of owning yourself'. German philosopher Friedrich Nietzsche was right. Fortunately, expression isn't the only function that art serves, there's the greater question of asserting identity at hand. While most cling on to conventional routes like music and literature to give wings to their thoughts, others tread the road less travelled. The latter are a bold sect, strong enough to stand up against stereotypes, often issued by those alien to the liberating concept of expressing differently. So, who's to say tattoo and graffiti arts don't

merit a serious audience? Be it inserting a needle to leave a symbolic scar etched on skin forever or articulating a loaded narrative onto a subway wall, all is fair when the means is art, and the end, a bold assertion of identity.

In the harbour area of Los Angeles County, Mark Machado, or Mr Cartoon has been riding the crust of what is nonchalantly denounced as 'cultural perversion'. He began by airbrushing t-shirts and vintage lowrider cars

when just eight and has since needed famous flesh belonging to stars like Eminem, 50 Cent and Justin Timberlake. The free will that he so effortlessly exerts has been captured and played out in the 2003 documentary *Scarface: Origins of a Hip Hop Classic*, which stars rappers like Ghostface Killah and Snoop Dogg. Through it, one gets an insight into the world of hip-hop and such was its veracity that actor Al Pacino confessed it taught him more about the rebellious sub-culture than his own 1983 film on the subject, *Scarface*.

Italian design brand Diesel, which has dressed young adults in seasoned

THE TWO LIMITED EDITION WATCHES CARRY MR CARTOON'S HAND-DRAWN TATTOO DESIGNS AND ENGRAVINGS

jeans and rugged tan leather jackets for years, has now collaborated with Mr Cartoon to lend its latest collection of timepieces a unique identity. Branded under Fossil, the two bold watches carry interpretations of Mr Cartoon's designs from his many murals and celebrity tattoos.

In keeping with Mr Cartoon's free spirit, Diesel launched them in Japan, where creativity seeks myriad expressions, through futuristic graphics and popular arts like manga and anime. Mr Cartoon's studio was recreated with a tattoo bed, guns and framed sepia-tinted images from his life's works at Tokyo's upmarket cafe Idol. Korean boy band Beast, best known for their album *Fiction and Fact* (2011), in their studs-and-spikes look, reflected the overriding punk theme that the watches also embodied.

The brand relied on Mr Cartoon's ability to make a free style art precise to each stroke; a virtue they feel lends an unusual creativity to both their watches, which are designed for



(Top) Mr Cartoon's Los Angeles tattoo studio was recreated; (Above) Sepia-tinted images from the artist's life

young-hip-casual watch wearers.

The DZMC0001 is a three-hand analogue which features the artist's signature clown face. Based on his hand-drawn design, the clown is carved in silver alongside red accented time and date counters on a black dial. There are custom engravings on the side of the case and embossed stencilling on the black silicon band. Mr Cartoon has also revisited Diesel's famous Mohican logo on its stainless steel back.

The other model, DMZC0002, has a more macho appeal. The olive dial displays the artist's interpretation of Roman numerals and his calligraphic

'C' logo. The silicone band is also olive and has custom stencilling. This chronograph comes with an LED light display function, and is water resistant to 5 ATM. While the former is laminated with brushed and polished gunmetal, the latter is rugged and set in ionised matte gunmetal which looks masculine.

A tattoo's permanence and tangibility give a structure to human sentiment, be it a strong love bond or an extreme ideology. Fossil unleashes the same confidence through its timepieces and gives the peripheral art of tattooing a more mainstream drift. ■

Moving with your Mind

Your bags are packed and you're all set to move to that new city or country. But are you mentally ready for this life-changing event? Here's how you can be.



RAJINI MANIAN

Founder and CEO,
Global Adjustments

What could be more exciting than moving to a new city? Or more confusing? You've got a million

'To Do' lists and a zillion grand-aunts and cousins, friends and neighbours offering advice. You've packed your curry leaf powder and your clothes; you've googled to within an inch of your new apartment and you've even e-met your colleagues. But are you really ready? Our checklists often cater only to physical needs. So here's a heart and soul checklist.

Find A Substitute 'Blanket'

Only when we're plucked from familiar surroundings do we realise what we took for granted. When I moved to the US, I was strangely disoriented. It took a while to realise I missed my Sunday visit to the Datta Mandir near my Mumbai home; it gave structure to my week. So I looked around for something similar and found a Buddhist gathering. Figure out what your comfort blanket is before leaving and try to find a substitute in your new world.

Word It Right

No matter where you're headed, memorising phrases in the local language takes little time. I was in Malta this year, and knowing to say "Bon jo Saha", a greeting for "good health", was a great connect. I learnt the trick

from an American who memorised "shudh Hindi" phrases before visiting India. Locals scrambled desperately to decipher his accent but they appreciated his genuine attempt to blend and he won brownie points for it.

Celebrate and Participate

It seems truly baffling to us when someone doesn't know Shah Rukh Khan even after living here for two years. When you move, learn the local sports talk, figure out what they discuss at parties, read about upcoming festivals. You'll get drawn into their world.

Be A Boy Scout

As a vegetarian I knew Japan would be hard. So I psyched myself into thinking I enjoyed raw leaves and rice with no spice! How pleasantly surprised I was to discover udon noodles with Japanese powders and chutneys. John Nicholson a New Zealander has a similar story: "When I was moving to India I multiplied the sheep with people times several in my mind's eye and now I'm not overwhelmed even by crowds at VT Station!" The moral of these stories—be prepared (for the worst)!

Moving to a new country is about focussing on similarities and appreciating differences. Pack a sense of humour and laugh at yourself; it chases away the darkest of relocation blues.

BT More

TRACK & WIELD

I FOR IMAC

Apple's thinnest and most sophisticated 2012 edition of iMacs come with 21.5-inch and 27-inch screen sizes, 8GB RAM, an Intel Core i5 processor, and terabytes (TB) of storage. The larger 27-inch versions are more easily expandable to upto a 3TB hard drive, thanks to two additional memory slots inside. Other features include four USB 3.0 ports plus integrated WiFi and Bluetooth 4.0.

Price: ₹95,936 for 21.5-inch and ₹1.30 lakh for 27-inch



LIGHT UP YOUR LIFE

The 18th century Parisian candle marquee, Cire Trudon, is a coveted name in luxury, especially among the discerning set. This one is called Ernesto and is dedicated to Cuban revolutionary Che Guevara. The scent has top notes of tobacco and cedarwood. Available at Ciretrudon.com

Price on request



SOUND OF MUSIC

Pioneer's LX Series audio-video receivers come with superb HDMI 1.4 output that create studio quality sound. Built on a Class D amplifier, these receivers are equipped with DSD file playback, and can be paired with Android-based devices, and Apple's iPod touch, iPhone and iPad.

Price: starts at ₹85,000



THINGS THAT CLICK

Nikon has launched two new interchangeable lens snappers. Both the entry-level J1 and top-end V1 cram in an Expeed 3 sensor which is capable of taking 20 shots in just one second. It even reels off images before you fully depress the shutter. Throw in tip-top lenses and you have serious snapping power. Price: ₹47,888 for J1, and ₹69,655 for V1



WRITE WING

For the first time Porsche Design gives its P'3310 TecFlex writing instrument line an all-black look. This rollerball pen's edition is made out of fine stainless steel threads which are precisely woven and finished with a special matte-black chrome coating.

Price: ₹22,599



BLACK BEAUTY

Redesigned and embellished with new watchmaking features, the Dior Chiffre Rouge A05 timepiece revisits the volumes and proportions of its case and bracelet. The black sun-brushed dial, a 41mm steel structure moulded with black rubber, automatic chronograph movement is exciting. It also sports a red case-back. Price on request.



SUPER IMPRESSION

A first from the company, the HP Topshot Laserjet M275 printer features 3D objects scanning with an eight megapixel optical scan resolution. Also included is Google documents integration and cloud apps. Best of all, you can access these services from the printer's 3.5-inch touchscreen, so you don't even need a computer. Price: ₹19,600



CUFF PARADE

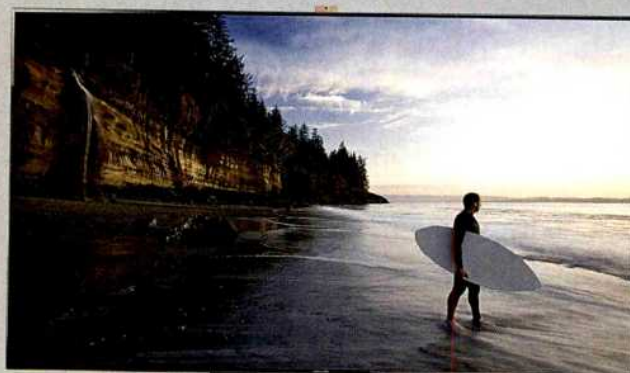
In milky pearl, dazzling crimson, and subtle rose, these Canali t-bar dress-shirt cufflinks bring back a touch of old Hollywood glam. Go for a coordinated look or pair them in sharp contrast with a staid ensemble. **Price on request**

SHOE FETISH

You can't go wrong with a pair of suede desert boots, and Gas' version comes in a tan shade that's ideal for off-duty dressing. A classic plaid shirt and jeans combination will be all you need for superb styling. **Price: ₹5,500**



UPGRADE



BIGGER PICTURE

Samsung's 75-inch ES9000 LED TV ultra-premium television clearly is the best to date with cutting-edge features. Adhering to its Smart TV DNA, the ES9000 offers a camera and microphone for voice, gesture recognition, and video conferencing to gether with life-like HDMI quality pictures. Additionally, the TV set also offers content apps such as Netflix and other options so users can view streaming even with other devices via WiFi Direct. **Price: ₹5.45 lakh**

PRETTY TOASTY

This Tommy Hilfiger parka jacket from its Snow Chic collection will keep you unfailingly warm in winter. The midnight blue colour is a smart option for the city; team it with hard-wearing brown boots and a warm cashmere jumper. **Price: ₹50,106**





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